

Teach English
Get Paid to Travel the World

Free Teach Abroad Seminar
Tonight Tues. Sept. 29th @ 7 pm

United TESOL 562-8370
International College of Teacher Training
41 York St.

The world's largest global newspaper

metro

OTTAWA SEPTEMBER 29, 2009 metronews.ca

Every minute of every day, someone needs blood.

Please call
1 888 2 DONATE ext.222

Canadian Blood Services
It's in you to give

BLOOD.CA WWW. 1 888 2 DONATE

Riverkeeper calls for city leadership on sustainability

ENVIRONMENT In the wake of the flooding in Kanata and a review of Ottawa sewer system by the provincial environment minister, Meredith Brown, the Ottawa Riverkeeper, is calling for better leadership and foresight from the city when it comes to sustainable development.

"We're at risk of being thrown into a vicious cycle of always being 30 years behind, when it comes to solving our sewage woes," wrote Brown. "It's time to look at this problem through a preventative lens, and make changes to the practices and policies that guide development."

Brown identified development in the floodplain of the Carp River, projects based on outdated floodplain levels as practices that could cripple future sewage solutions if not addressed.

METRO OTTAWA

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3



Metro Goes Pink

In support of October as Breast Cancer Awareness Month, Metro Canada has gone pink. Check out our special report on Breast Cancer Awareness on page 11, as well as page 3 in our local news section. Wife of NFL owner raising awareness, page 10.

On the web

VISIT METRONEWS.CA FOR YOUR METRO NEWS UPDATES THROUGHOUT THE DAY

Gala

For love of the bloom



Model Daphne Cody sprays Dolce and Gabbana's new Rose The One perfume on National Arts Centre Orchestra principal cellist Amanda Forsyth at an event to promote the first annual For Love of the Bloom Gala. Forsyth is the honorary chair of the Oct. 17 event, which is raising funds to benefit breast cancer research. The event will also serve as the national launch for the new fragrance. Story, page 3.

Canadians shot dead in Mexico

RESORT Two Canadian men were shot to death in execution-style slayings outside an apartment building in the Mexican resort of Puerto Vallarta, authorities said yesterday.

Witnesses told police that a gunman approached Gordon Douglas Kendall and Jeffrey Ronald Ivans outside the building they were staying in and shot Kendall, according to Jalisco state prosecutor Guillermo Diaz.

The gunman then chased Ivans to the pool area and shot him. Witnesses said two other gunmen arrived minutes later and repeatedly shot the Canadians, Diaz said.

The men fled and no arrests have been made. Diaz said Ivans was carrying a handgun, though he apparently was not able to use it before he was shot. It is unusual for people in Mexico, particularly foreigners, to carry handguns. It was not clear if Ivans had a permit.

Diaz said police have reports that the men were involved in real estate developments in another nearby resort area, Bahia de Banderas. Investigators have not determined a motive for the killing.

THE CANADIAN PRESS

Residents not sold on park plan

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Frustrated residents voiced their disapproval with the city's plan for Lansdowne Park last night, saying they felt they were being sold on a plan instead of being consulted on the proposed redevelopment.

"It's not really a consultation. It's more of an information session," said Maurizio Martignago. "This is a done deal and they just plan on showing us what they plan on doing."

Martignago was one of about 1,000 people who attended the public consultation in the Civic Centre salons, which were intended to be an opportunity to learn about the proposal by visiting a series of placards and asking questions to city planners nearby. Then they would provide written feedback.

But the frustration was obvious as some residents took to standing on chairs while yelling into megaphones to voice their disapproval with the plan and the public consultations.

Glebe resident and business owner Doug McKeen said there are enough problems just relating to issues arising from parking to cast serious doubt over the whole ordeal, but he doubted his concerns would be addressed.

"This is just a dog and pony show," said McKeen. "They're not here to listen to complaints. They're pre-

"This is just a dog and pony show ... They're not here to listen to complaints. They're presenting it as, 'This is the way it is folks, tough luck.'"

Doug McKeen

sending it as, 'This is the way it is folks, tough luck.'"

Denis Abbott, director of communications and customer service with the city, said open house process was the best way to present a complex issue while answering their questions in an informal setting to let the residents form their own opinions.

"A lot of the information is presented in a very neutral language," he said. "We tried to make it very factual."

Ottawa 67's owner Jeff Hunt, a member of the Ottawa Sports and Entertainment Group, spent most of the night defending the plan.

"For the most part people came with an open mind. Some people came with their minds made up and they were going to tell us what was right," said Hunt.

"Lansdowne can't be everything to everybody. I'd rather do a few things really well than to try to accomplish everything and not do any of them well."

MORE COVERAGE, PAGE 3

LASIK MD
VISION

LASER VISION CORRECTION

Starting at
\$490 /eye*
Financing available

At LASIK MD, we correct:

- ☒ Nearsightedness
- ☒ Farsightedness
- ☒ Astigmatism

Dr Pierre Demers
M.D., FRCSC
40 000 procedures

Dr Avi Wallerstein
M.D., FRCSC
50 000 procedures

Dr Ralph Zabel
M.D., FRCSC
25 000 procedures

FREE Consultation: 1-877-769-3030 • www.lasikmd.com
OTTAWA: Chambers Building, 42 Elgin Street

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

GREAT SAVINGS AT THE BAY THIS WEEK

Tuesday, September 29th to Thursday, October 1st

\$1400 OFF
\$998
SIMMONS

Canada's Best
Beautyrest
Cranbrook tight-top
queen mattress set
Reg. \$2398

ALSO, 60% OFF
All other **SIMMONS**
Canada's Best Beautyrest
mattress sets



50% OFF
All bed-in-a-bag,
comforter sets
& duvet cover sets
Excludes Calvin Klein & Mexx.

ALSO, 30% OFF
CHARTER CLUB®
500-thread-count damask,
stripe or solid sheet sets



\$99.99
DISTINCTLY HOME
Asthma duvets
Reg. \$149.99-\$219.99

ALSO, 30% OFF
All other duvets, pillows
& mattress pads by
DISTINCTLY HOME Gel,
HOUSE&HOME™ &
GLUCKSTEINHOME



40% OFF
MIKASA
Place settings

ALSO, 20% OFF
MIKASA
Open stock dinnerware



50% OFF
CORNINGWARE
French White
12-pce. ceramic
bakeware set
Reg. \$99.99 Sale \$49.99

ALSO, 40% OFF
All other **PYREX** &
CORNINGWARE items



40% OFF
MIKASA
Stemware & giftware

ALSO, 30% OFF
All other stemware
& giftware
Excludes Riedel.



\$70 OFF
\$89.99

HENCKELS INTERNATIONAL
Fine Edge Synergy
13-pce. knife block set
Reg. \$159.99

ALSO, 25% OFF
All **HENCKELS**
knife block sets,
flatware & gadgets



30% OFF
All women's cashmere
sweaters by
JONES NEW YORK Luxe
Available in regular sizes only.
Off our regular prices.



25% OFF
CALVIN KLEIN
Women's intimates, socks,
pantyhose & tights and
men's underwear, socks
& sleepwear



25% OFF
• Women's shoes by
NATURALIZER, ROCKPORT,
CLARKS, LIFESTRIDE,
EUROSTEP & FAIR SET®
• Women's fashion boots
& shoes by **EXPRESSION,**
CORNIE, STYLE&CO.™,
FERGALICIOUS, MARC FISHER
& **BANDOLINO**
Off our regular prices.



\$29.99
Men's dress shirts by
ARROW, GEOFFREY BEENE
& **KENNETH COLE**
REACTION
Reg. \$39.99-\$55

ALSO, 30% OFF
All other men's
dress shirts & ties
Excludes IZOD & Hudson Room.



70% OFF
All luggage by
RICARDO BEVERLY HILLS
Santa Barbara 3 & Legacy 3,
AIR CANADA Frequent
Flyer and DELSEY Volume
& **Destiny**
Reg. \$62-\$250 Sale \$18.60-\$75
Excludes items with 97¢ price endings.



\$200
COSATTO crib, change
table & dresser
Reg. \$249.99-\$349.99

ALSO,
\$100
COSATTO change table
Reg. \$149.99

CLINIQUE BONUS

On now until Saturday, October 3rd

Your choice. Pick your gift!
Pretty Days or Dressed-up Nights?

Your choice, free with any CLINIQUE purchase of \$26.50 or more (Value \$70*)
Pick your gift of CLINIQUE A.M. or P.M. beauty favourites.

*One gift per person while quantities last. Values are based on our per mL and/or g price for regular-sized products. Offer ends October 3, 2009.



ONLY AT THE BAY

the **Bay**

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salvati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store - no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

News on the Move
IN THREE EASY STEPS

1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA



3

Local



Medallist to unveil 2010 coin today

Olympic gold medal winning hockey player Michael Peca, left, will be at the Jim Durrell Arena this afternoon to unveil the Royal Canadian Mint's newest coin in the Vancouver 2010 collection. The 25-cent piece celebrates the men's hockey gold at Salt Lake City in 2002, which was voted by fans as the top Canadian Olympic Winter Games moment of all time. Peca was an alternate captain of that gold winning team. He will be joined by members of the Ottawa 67's and their head coach Chris Byrne and Royal Canadian Mint president and CEO Ian Bennett.

METRO OTTAWA



Man electrocuted after ladder hits power lines

HOSPITALIZED A 26-year-old electrician is in serious but stable condition in the hospital after the ladder he was moving touched power lines at a construction site on Eleanor Drive, yesterday.

Co-workers found the man unconscious around 10:20 a.m. He had regained consciousness when paramedics arrived, but was treated for severe burns to one foot from the incident.

METRO OTTAWA



Jeff Peters of the National Farmers Union and Stormy the donkey rally against the closing of Canada's prison farms in downtown Ottawa.

Rally for prison farms

Supporters say program profitable, should stay

STEVE COLLINS
for Metro Ottawa



to the local economy. Corrections Canada, which says the program costs about \$4 million a year, announced in February it would close the farms.

Unions, farmers, opposition politicians and a donkey gathered in a closed-off section of Laurier Street between Bank and O'Connor streets yesterday to protest the planned closing of Canada's prison farms.

Six Canadian penitentiaries operate farms which are worked by inmates and provide food for the institutions. Supporters say the farm work teaches the inmates a variety of agricultural skills, as well as more generally applicable ones, like welding, hand and power tool use, and heavy equipment operation. The farms at Frontenac and Pittsburgh Institutions near Kingston, they say, contribute \$900,000 annually

Liberal agriculture critic Wayne Easter took issue with the government's accounting, and told the rally that when he recently toured the farm at Frontenac Institution, he noticed a sign at the entrance reading, "Paying Our Way through Agriculture."

"I know when I was solicitor general that it was paying its way and I believe it still is," Easter said. "However when you listen to Van Loan, the minister of public security, either that sign was a lie then and is a lie now, or he is telling us a lie. It's one or the other, and I believe it to be the latter."

The rally featured a bar-

m.metronews.ca



Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

becue offering hamburgers and juice produced by the prison farms. National Farmers Union member Jeff Peters brought a donkey named Stormy, who wore a sign reading "P.C. Prison Farm Consultant."

Ottawa Centre MP Paul Dewar, noting Stormy's presence, told the rally, "Sometimes the law is an ass, and sometimes you get bad advice, and I daresay at this point, we need to give this government a kick in the ass when they come up with ideas like this."

Public can comment on Lansdowne online

As well as holding open house meetings on the Lansdowne Park redevelopment plan this week and next, the City of Ottawa is soliciting public comments online.

The Ottawa Talks e-consultation platform, launched yesterday, will allow users to share their opinions on the Lansdowne Live proposal until Oct. 11.

"I encourage everyone to come out to one of the public open house sessions or to contribute your comments online," said Mayor Larry O'Brien. "This is your park. This is your city. This is your future."

The e-consultation is being done by Nik Nanos of Nanos Research, who will present a transcript of comments to council, as well as

Until Oct. 11

To join the conversation, go to ottawa.ca/lansdownepartnership or lansdowne.econsultation.ca.

an analysis of the debate. He will also moderate the discussion.

"One thing that I will be closely watching is that we have a positive dialogue," said Nanos, "that we engage and get as many ideas as possible, and that people respond to each other and treat other people's opinions in a respectful manner."

"I'll try hard, Nik," O'Brien joked, before posting the first comment on the website.

STEVE COLLINS/FOR METRO OTTAWA

Gala to bloom for cure

Flower power can help find a cure for breast cancer.

On Oct. 17, the first annual Love of the Bloom gala will see the Canada Government Conference Centre covered in floral masterworks, with proceeds from the event benefiting the Quebec and Canadian Breast Cancer Foundations.

The evening will have "music and dancing, feast and frolicking" said Amanda Forsyth principal cellist with the National Arts Centre Orchestra and honorary chair for the gala, but it's also about sharing good fortune and raising money to help "all the precious women in our lives who may have been affected by breast cancer."

"In the past decade extremely encouraging statis-

Flower power

The event will also be the national launch of a new fragrance from Dolce and Gabbana called Rose the One.

tics show that close to nine out of 10 women with breast cancer survive," she said. "Our support to the breast cancer foundation will help the movement of hope and progress to bloom. Let's make it 10 out of 10."

Along with incredible bouquets consisting of thousands of flowers, 25 dresses all made of flowers will be featured in an accompanying show. Even the food prepared by Bytown Caterers will have a floral inspiration.

TIM WIECLAWSKI/METRO OTTAWA

Lotteries

Ontario Pick 3: 4 4 3; Ontario Pick 4: 3 3 8 0
Encore: 5119275
Daily Keno: 3, 5, 8, 9, 11, 14, 18, 25, 26, 30, 31, 33, 44, 46, 48, 63, 66, 67, 68, 70.
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

scotiabank nuit blanche

Toronto's free all-night contemporary art thing
October 3, 2009 – sunset to sunrise
For one sleepless night experience Toronto transformed by artists.

"Best Art Event of 2008...
Just three years old, the all-night art party gets better every year."
– NOW Magazine, The Best of T.O.

Save on travel with special package deals!
For more info:
scotiabanknuitblanche.ca | 416.338.0338

metr

DELTA
CHIEFL

VIA
RAILWAY

ONTARIO
YOUTH FOUNDATION

Toronto
Public Library

Ontario

Produced by
TORONTO

Scotiabank

The Federal Court of Canada is being asked to step into a dispute between pilots at Air Canada and the Canadian Human Rights Tribunal. At issue is a tribunal decision that called into question the retirement age provision of the collective agreement between the Air Canada Pilots Association and the airline. **THE CANADIAN PRESS**

Canada



Teen's murderer sentenced to life

A 19-year-old man who pleaded guilty to killing a 14-year-old girl because of his girlfriend's intense jealousy was handed an adult sentence of life with no chance of parole for 10 years yesterday. David Bagshaw was just shy of his 18th birthday when he murdered Toronto teen Stefanie Rengel, left, on New Year's Day 2008. He pleaded guilty earlier this year to first-degree murder while his girlfriend at the time, Melissa Todorovic, now 17, was sentenced as an adult in July to life with no chance of parole for seven years. **THE CANADIAN PRESS**

Top soldier attacked en route to village

MILITARY Canada's top soldier in Afghanistan pulled no punches at a meeting with Afghan village elders yesterday after an IED attack sent another Canadian soldier to hospital.

Brig-Gen. Jonathan Vance, the commander of Task Force Kandahar, was on his way to the model village of Deh-e-Bagh in the Dand district when shrapnel from a rocket-propelled grenade struck a vehicle in

his convoy. A kilometre past the village, he discovered an oncoming Canadian military vehicle had been blasted by a bomb planted in the road. The soldier was airlifted with fractures to his leg.

Vance demanded a meeting with village elders at the Dand district centre to ask why villagers, who have benefited from Canadian aid and protection, didn't bother to warn them about the bomb. **THE CANADIAN PRESS**

Grits look to take out Tories

New Democrats give strong indication they will support Harper

The Liberals tabled a non-confidence motion in the Commons yesterday and they expect a vote on Thursday that is increasingly looking like it will fail to bring down the minority government.

"The leader is now working on the details for a non-confidence motion, which we expect will be tabled in the House of Commons ... today to give the House of Commons sufficient notice and will be dealt with on Thursday," Liberal David McGuinty said at the end of a party caucus meeting. It will require support of all three opposition parties to defeat the government and force a fall election.

The Bloc has said it will support such a motion. NDP Leader Jack Layton



A small group of protesters wait as Prime Minister Stephen Harper releases the latest economic update at the NB Southern Railway mechanical shop in Saint John, N.B., yesterday.

hasn't yet committed himself after his party voted with the government earlier this month to avert an election call, but his deputy leader gave strong indication the New Democrats will continue to vote

with the government.

Thomas Mulcair said today "the important thing is to try to keep Parliament working so that we can do things that are in the public interest."

"On issues such as Em-

ployment Insurance, such as better protection for pensions — just to name a couple of them — there are things where we can work together before foisting on Canadians a fourth general election in five years," Mulcair told CBC News.

"The party that will provoke the fourth general election in five years is going to have a lot of explaining to do with the public," he said. **THE CANADIAN PRESS**

News in brief

LAW Pot activist Marc Emery says he's surrendering himself today to face extradition to the U.S., where he faces drug charges related to his mail-order marijuana seed business. Emery reached a plea agreement with U.S. prosecutors. Emery encouraged his

supporters to continue fighting the "evil prohibition" of marijuana. He said he'll be jailed in the U.S. with hardened criminals, but he hopes to take advantage of an agreement that allows prisoners to be transferred to their home countries. **THE CANADIAN PRESS**

Queen's Accelerated MBA for Business Graduates | in Ottawa



"Queen's Accelerated MBA for Business Graduates took me well beyond my undergrad business curriculum. Its focus on advanced management topics had an immediate impact on my knowledge and skill set."

Daniel Monehin, Queen's MBA
VP & Regional Finance Officer, MasterCard Canada Inc.

Earn a Queen's MBA in 12 months, right here in Ottawa, while you work.

If you have an undergraduate business degree and at least two years of relevant work experience, you can take advantage of an MBA program designed specifically for you. Queen's Accelerated MBA for Business Graduates offers an intensive curriculum that builds on your previous learning, preparing you for senior leadership opportunities.

INFORMATION SESSIONS

Reservations are appreciated.

Ottawa

Thursday, October 1
12:15 - 1:15 p.m.
or 5:00 - 6:00 p.m.
Queen's School of Business
Ottawa Classroom
Constitution Square
350 Albert Street, Suite 220

12-month program
beginning in January.

Toll Free:
1.888.460.5869

Email:
qamba@business.queensu.ca

Web:
www.qamba.com

ACADEMIC EXCELLENCE. EXCEPTIONAL EXPERIENCE.



U.K. moves to outlaw annual bank bonuses

British Treasury chief Alistair Darling said yesterday that annual bonuses for bank executives will be outlawed to try and curb excessive risk-taking in the country's financial sector. **THE ASSOCIATED PRESS**

5

World

Hollywood rescue for Filipina actress

A popular Philippine actress cried out for help from a rooftop as a tropical storm roared and floodwaters rose menacingly. Then an actor emerged from nowhere on a speedboat and swept her to safety.

A romantic scene from a movie?

No, it was the real-life travails of young actress Christine Reyes. Her rescue by movie and TV heartthrob Richard Gutierrez as Tropical Storm Ketsana raged across the northern Philippines was one of the happier moments of last week-

end's disaster that left at least 240 dead and tens of thousands homeless.

As the storm blew and set off the worst flooding in Manila in more than four decades, Reyes climbed to the roof of her two-story house in upscale Provident village in hard-hit Marikina city on Saturday with her mother and two young children.

Marooned for hours, she made a frantic call for help to ABS-CBN TV network with her mobile phone.

Gutierrez, a close friend and Reyes' co-star in an upcoming movie, heard of her plight, borrowed an army speedboat and went to the rescue. Reaching Reyes' house, he struggled to tie the boat to a tree amid the churning waters, climbed



Christine Reyes

Recovery

• Rescuers pulled more bodies from swollen rivers and debris-strewn streets to bring the death toll to 240 last night as residents dug out their homes from under carpets of mud.

into her house and eventually whisked her to safety.

"I thought it was our ending but I did not lose hope," Reyes said, thanking Gutierrez. "Let us help those who have not yet been rescued."

About 8,000 people have been rescued by troops and civilian volunteers from rooftops and isolated villages. At least 32 people remain missing. The houses of more than 450,000 people were inundated in the storm, which dumped more than a month's worth of rain in just 12 hours.

THE ASSOCIATED PRESS

m.metronews.ca



Scan this barcode for more World news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Honduras Civil rights suspended



Fabiola Carcamo, 28, stands in front of police during a demonstration in support of ousted Honduran President Manuel Zelaya yesterday. Honduras' interim government has suspended constitutionally guaranteed civil liberties in a pre-emptive strike against widespread rebellion.

News in brief

KASHMIR Forensic experts exhumed the bodies of two slain Kashmiri women yesterday in an investigation aimed at defusing the latest tensions plaguing the Himalayan region. Many in Muslim-majority Kashmir accuse Indian security forces of raping and murdering the women.

AUSTRALIA A couple were jailed yesterday for the manslaughter of their baby, who died after they chose to use homeopathic remedies rather than medicine to treat a skin disorder.

THE ASSOCIATED PRESS

Queen Rania/Wendi Murdoch/Indira Nooyi columns online at: metronews.ca/world

Malaysian beer caning upheld

MALAYSIA A judge in Malaysia has upheld a court verdict to cane a Muslim woman for drinking beer, news reports said yesterday, re-igniting a controversy over Islamic justice in this moderate Muslim-majority country.

National news agency Bernama said the chief Shariah judge of Pahang state ruled that a Shariah High Court's verdict

against Kartika Sari Dewi Shukarno, 32, was correct and should stay. If the punishment is carried out, Kartika would become the first Muslim woman to be caned in Malaysia.

No date was immediately set for the caning. Kartika, a former model and nurse, was sentenced in July to six strokes of the cane and a fine of \$1,400 US for drinking beer in

2007. Islam forbids Muslims from drinking alcohol.

Kartika, who pleaded guilty, refused to appeal her sentence and was on the verge of being caned on Aug. 24.

But the punishment was halted at the last minute following an uproar in the media and among rights activists.

THE ASSOCIATED PRESS

Are you still overpaying For your Home Phone Line?

HOME PHONE LINES

ENHANCED	UNLIMITED CANADA	ONE-RATE	GLOBAL
\$14.95 /MONTH UNLIMITED LOCAL CALLING	\$19.95 /MONTH UNLIMITED CALLING TO CANADA	\$29.95 /MONTH UNLIMITED CALLING TO CANADA & U.S.A.	\$39.95 /MONTH UNLIMITED CALLING TO 25 COUNTRIES!
ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE	ALL FEATURES FREE

ALL FEATURES FREE!

FREE! Voicemail
FREE! Caller ID
FREE! Call Waiting
FREE! Call Forwarding

And Much More!

LIMITED TIME OFFER

ONLY REG. \$44.95
\$19.95 /MONTH
For the First 3 Months

UNLIMITED CALLING TO INDIA

- All Features FREE
- UNLIMITED calling to Canada & USA + 25 countries

FREE

Cordless Phone System with your Comwave Home Phone



3 Handset Cordless Phone System

- Interference free
- VoiceMail Indicator
- Speaker Phone
- Caller ID/Call Waiting

DECT 6.0 DIGITAL

comwave

613-216-6096

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Rate of 19.95 for unlimited calling to India is a promotional rate available for the first three months, after three months the rate is 44.99 per month. The Global Home Phone plan and Unlimited Calling to India are limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. By accepting the free cordless phone set, you commit to a 3 year term and waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details

OTTAWA

Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

METRO CANADA

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Prime minister may want election

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Stephen Harper keeps insisting he doesn't want an election. He repeated it yesterday when delivering an economic update in New Brunswick.

But down deep, is that what he is really thinking? The way the scales have

tipped in his favour the last few weeks, he finds himself in position to make a good run for a majority government. We shouldn't be surprised, given his craftiness, if he brings forward measures that make it extremely difficult for the New Democrats — the only party propping up his government — to continue to support him.

The PM's only weak spot is in Quebec. He got a lift there yesterday with the embarrassment inflicted upon the Liberals with the resignation of their Quebec lieutenant, Denis Coderre.

Up until now one thing

that could be said about Michael Ignatieff's leadership is that, in comparison to Stéphane Dion, he brought discipline to the Liberal party. Now even that is in doubt. Iggy is being called lffy.

The prime minister's report on his stimulus plan yesterday was vague, perhaps deliberately so, perhaps intended to get the opposition parties more worked up. The government continues to claim the vast majority of its motherlode of stimulus projects is underway. The opposition insists the number is a paltry

12 per cent. The government's Building Canada website doesn't help clear up the discrepancy. It's a jumble, suggesting the opposition might have a point.

The Conservatives have spent \$34 million in taxpayer money promoting their economic action plan. When the media found no less than 40 photos of Harper on the action plan website, making it look like the money was being blatantly used for political purposes, the Prime Minister's Office staged a guilty-looking retreat and had the photos removed. Yesterday in the

Commons, Transport Minister John Baird was at pains to dodge questions on the matter, giving total non-answers.

No matter. The Conservatives are in the driver's seat. A poll released yesterday showed that by a wide margin — 48 per cent to 30 per cent — Canadians believe the country is headed in the right direction.

That's quite a compliment for the government when you consider the economic hard times, the burgeoning deficit, the government's doddling approach to the environment and the down-

ward direction of the war in Afghanistan.

On the face of it, Canadians don't really have much reason to be upbeat. But when they look around, when they look at the stumbling Liberals, when they look at the problems in the United States and other countries, they don't feel so bad. Harper knows this. What he says about the wisdom of holding an election should be taken with a grain of salt.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

There comes a time to eventually cut the cord

ModernLife

Georgie Binks

metronews.ca/modernlife

I remember my dad asking me after university why I wasn't moving back to the family home in a cosy Ottawa suburb. An obnoxious 20-something, I chirped, "Can I have guys stay over?" "Of course not."

My parents took my departure well. Borrowing their station wagon, I hauled my junk to an apartment full of complete strangers, as desperate to be an adult as they were to be rid of their mouthy daughter.

My dad only asked out of politeness.

All my friends fled their homes back then and their parents were equally ecstatic. So why, 30 years later, do parents want their adult children home so badly? And why do their kids remain?

Many kids can't escape because their parents, formerly "helicopter parents," hovering at school and soccer, have now graduated to "hostage-taking parents." Slinging weapons like home-cooked breakfasts, free laundry service and open invitations to sleep-over guests, they immobilize their prey.

Even when kids flee, they don't necessarily escape. Billy may head off for university, but mom has got

Windex and sponges and she's not afraid to use them. When my parents drove me to university in third year, they were so disgusted with the dump I was moving into (which included guys as well as girls), they ditched my furniture on the lawn and sped off. Windex?

An employer I know sometimes has to deal with irate mothers when he fires an employee. One professor had to meet with an entire family, grandparents et al, when he doled out a B to a student.

Not "cutting the cord" enables parents to hide from reality. Stay-at-home parents don't have to head back into the workforce, (understandably daunting if you've been out 20 years), if they have to cook Shawna

dinner. Couples can avoid tackling a relationship destroyed by too many mornings spent in hockey rinks and evenings under the Golden Arches if the kids are shackled up in the basement.

I remember moving to a new job in my 20s and sobbing into a pay phone, "Mom, the job's too difficult — I hate it here." Instead of telling me to come home, she replied, "I know you can do it, Georgie."

I could and did. And so could she. Not only did she return to work, but my parents have been having a hoot ever since, without using their kids as crutches.

Georgie Binks is a Toronto freelance writer who writes about gender and relationships; georgiebinks@rogers.com

LIBERAL UNITY



Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH?
WE'LL HAVE I GOT THE PLACE FOR YOU.

Why don't you drop by Ottawa's **ONE STOP ZONE** for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:

- TRAINING (WORKSHOPS)
- FILMMAKING EQUIPMENT (CAMERAS & OTHER EQUIPMENT)
- SCREENING OPPORTUNITIES (CINEMAS & FESTIVALS)

LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN D. QUOC DTCM., C.A.C., D.A.C., B.S.C., B.P.H., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage therapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

**Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750**

RESPONSE INSTITUTE FOR SECURITY TRAINING
TRAIN WITH THE BEST!

EMPLOYMENT OPPORTUNITIES ARE AVAILABLE FOR THOSE WHO SEEK TO ENHANCE THEIR EDUCATION WITHIN THE SECURITY INDUSTRY.

BASIC SECURITY - \$200	ADVANCED SECURITY - \$200
FIRST AID & CPR - \$125	BATON TRAINING - \$150
HANDCUFF & PPCT TRAINING - \$150	BAR & RESTAURANT SECURITY - \$75

CONTACT RESPONSE SECURITY TO RESERVE AN INTERVIEW: 613-820-3554
CAREERS@RESPONSE-SECURITY.COM

CLINIQUE BONUS FINAL DAYS!

Ends Saturday, October 3rd

Your choice. Pick your gift!

FREE with any **CLINIQUE** purchase
of **\$26.50 or more (Value \$70*)**

Pick your gift of CLINIQUE A.M. or P.M. beauty favourites.

Try Superdefense Age Defense Moisturizer SPF 25, skin's most complete defense against the visible signs of aging in a moisturizer.

Or opt for Super Rescue Antioxidant Night Moisturizer, to help prevent visible signs of aging while you sleep.

Plus enjoy other most-requested skin care and makeup treats so you look pretty by day or dressed up for night.

Take your pick at **CLINIQUE BONUS** now.

ONLY AT THE BAY



Pretty Days

Choose from:

"Pretty Days" with
Superdefense Age
Defense Moisturizer
SPF 25

OR

"Dressed-up Nights"
which includes Super
Rescue Antioxidant
Night Moisturizer

May we suggest:

Great time to try Even Better™ Skin Tone Corrector.





This lightweight serum creates - for all skin tones - a notably more even complexion with a brightness you thought long gone. Gently, visibly, measurably improves the look of discolourations and dark spots to create a more even tone. Even Better Skin Tone Corrector, 30 mL \$53



*One gift per person while quantities last.
Values are based on our per mL and/or g price for regular-sized products.
Offer ends October 3, 2009.

the **Bay**

Business

DOLLAR	GAS	OIL	TSX
 US 91.94¢ US 0.34¢	 US \$4.83 US 11.8¢	 US \$66.84 US 82¢	 11,338.72 126.33

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Drop in EI claims sign of progress: Experts

The number of people getting jobless benefits fell for the first time in almost a year in July and the number of new EI recipients declined for the second straight month, offering further evidence Canada's labour market is improving.

July saw the number of workers on Employment Insurance benefits drop by 31,500 to 787,000, a 3.8 per cent decrease from June, Statistics Canada said yesterday.

The changes reflect in part the slowdown in job losses as the economy begins to grow again in the current summer quarter — after three quarters of economic shrinkage in the recession and the painful restructuring in Canada's auto and forestry industries that wiped out tens of thousands

of jobs in the last year.

But it was the decline in new entrants to the EI rolls that economists saw as the best signal of progress from the harsh jobs market of late last fall and early 2009.

Initial claims were down 8.5 per cent to 274,700 during the month, following a similar decrease in June, Statistics Canada said.

"Less people are entering the system, so this is a good news story," said Millan Mulraine of the TD Bank.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Business news on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Worst boss Essay winner own boss now



Colleen Lynn, a graphic designer in Seattle, and her two dogs pose for photos. Lynn turned her worst boss experience into an award-winning Worst Boss essay. Lots of employees complain about being treated like a dog, but the winner of a Worst Boss contest may have been the only one forced to walk like one. Today, Lynn is her own boss, running a graphic design business called VainNotion.

Coke hopes coffee the one in 2010

VANCOUVER 2010 Games

The 2010 Winter Olympics will be an international podium for soft drink giant Coca-Cola Co. to more widely promote its Far Coast brand of coffee and tea, a move marketing experts say is a clever use of its powerful sponsorship status.

The Vancouver event will also mark the first time Coke, a long-time Olympic sponsor, will serve the Far Coast line of hot drinks at a Games, after rolling out the brand in select countries, including Canada and Norway, in recent years.

THE CANADIAN PRESS

Lust Conquers All.

The 2010 Chevrolet Camaro. Standard 304 horsepower, V6 engine. Plus you get the best coverage in Canada — 5 Year/160,000km powertrain component warranty including roadside assistance and courtesy transportation.[†] And if you don't love it, our 60-Day Satisfaction Guarantee lets you bring it back.[‡] Put us to the test against anyone. And may the best car win. Visit chevrolet.gm.ca.



**CHEVROLET
MAY THE BEST CAR WIN.**



Chevrolet Camaro

[†]Whichever comes first, see your dealer for details. [‡]Return between 30-60 days with less than 4,000km. Vehicle usage fee and other restrictions apply. Take retail delivery by 11/30/09. *Chevrolet is a brand of General Motors of Canada, the Official Vehicle Partner of the Vancouver 2010 Olympic and Paralympic Winter Games. TM © 2009, VANOC. Used under Licence.



BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD	Interest rates/Savings accounts
1.00%	0.75%	0.80%	1.20%	1.05%	0.75%	0.75%	1.25%	1.00%	0.75%	METRO NEWS SERVICES

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

Forget the RRSP deadline

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

I know. Here it is not even Thanksgiving and I'm urging you to think about something that normally isn't on your radar until February — RRSP contributions.

There's a method to my nagging. When you ignore your RRSP until the deadline you risk two things: Not maximizing your contribution or, worse, borrowing to make it.

It is all too easy to do the latter if you have a personal or home equity line of credit. I've even seen people take a cash advance on their credit card at RRSP time planning to pay it back with their tax refund.

But when the refund cheque arrives there are always other more pressing

needs for it. You swear you'll get rid of the RRSP debt and start contributing monthly. Then "oops!" here's February again and the cycle repeats itself.

Even if you haven't contributed a dime to date, you've still got five months before the deadline. Don't worry so much about what

to invest the money in, focus on getting the dough sheltered inside your RRSP.

Let's say your contribution room for 2009 is \$2,000. If you start now with \$200 a

month you will only need to find \$1,000 in the new year to max out your contribution rather than \$2,000. Big difference.

The other major reason for getting on top of your RRSP is the benefit of having the deduction. If you don't contribute you can't deduct — ergo, higher taxes.

And if you don't need the deduction right now you get to carry it forward until you do.

It is very easy to build up tens of thousands of dollars in contribution room and very hard to come up with the money, without borrowing, to take advantage of the tax deduction it represents.

Setting up an



Alison's Money Rule:

- Start your RRSP contributions early and avoid New Year's financial stress.

automatic contribution is by far the best way to go with your RRSPs. Once the habit of contributing regularly is ingrained and the money isn't available for you to spend, you won't think twice about it.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

HiSAVE Savings Account

1.20% CS

Apply online : icicibank.ca

ICICI Bank

All interest rates are determined on a per annum basis and are subject to change any time without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid quarterly. Tax rates and the HiSAVE name are registered trademarks.

Taxes linked to house worth

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My property tax has increased almost five per cent. My supervisor lives three blocks south, yet his taxes did not increase. Why is our tax system unfair?

A Our various levels of government (federal, provincial and municipal) attempt to impose a fair and equitable tax system by employing

three principles: taxation based on earnings, wealth and consumption. The largest source of tax is personal income. Consumption tax is based on the principle of the more you spend, the more you pay.

Property taxes are assessed on the value of property. The more expensive the home, the higher taxes you pay. A house worth \$3 million in a big city, pays more tax than one worth \$400,000 in the outlying suburbs.

Is this the best system? It is the one we have. Ultimately, change rests in the hands of the individual.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

mogo

borrow up to \$1500 instantly for free!

mogomoney.com

absolutely no strings attached and no hidden fees

new to mogo?

Apply now & get your first Zip Money loan FREE! Promo Code: METRO 6

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of a medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Treatment duration is initially 8 weeks with possible continuation of up to 46 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

TRAIN FOR AN EXCITING CAREER!

Fitness and Health Promotion **NEW!** Diploma Program in Less than 1 Year!

Searching for healthier lifestyle choices? Want to incorporate that desire into your career? Benefit from the extensive career choices and growth opportunities created by the demand for personal fitness, wellness and healthy lifestyles.

The increased need and development for personalized fitness solutions has created a high demand for qualified Personal Fitness and Health Promotion Leaders.

Our Program includes:

- Industry certifications have become a benchmark used by employers in the hiring process. The Fitness and Health Promotion program helps students achieve CanFitPro certification in the following areas:
- Fitness Instructor Specialist (FIS)
- Personal Trainer Specialist (PTS)
- Nutrition & Wellness Specialist (NWS)

(CanFitPro Testing is completed at our Campus for all graduates.)

ALGONQUIN CAREERS ACADEMY

Call 613-722-7811

1644 Bank Street, Bank & Heron www.algonquinacademy.com

CLASSES START IN OCTOBER!



Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA

Sports in brief

NFL Miami Dolphins quarterback Chad Pennington dislocated his right shoulder and may seek a second opinion to determine how long he'll be sidelined, a person familiar with his status said yesterday. Other media outlets reported Pennington had a torn capsule and was likely to miss the rest of the season.

NFL The Buffalo Bills secondary is minus two starters with cornerback Leodis McKelvin out indefinitely with a broken bone in his leg and safety Dante Whitner requiring surgery to repair an injured thumb. Coach Dick Jauron said yesterday that McKelvin's injury is the most serious.

NFL The winless Tampa Bay Buccaneers benched starting quarterback Byron Leftwich yesterday and replaced him with second-year pro Josh Johnson. Coach Raheem Morris made the decision a day after the Bucs fell to 0-3 while gaining just 86 yards total offense in a 24-0 loss to the New York Giants. Leftwich completed 7-of-16 passes for 22 yards and one interception.

CFL The Toronto Argonauts have dealt another disgruntled player. The Argos traded cornerback Byron Parker to the Edmonton Eskimos yesterday for future considerations. According to two league sources, the Argos will receive a 2010 draft pick for Parker.

BASEBALL Former Dodgers

prospect Andy LaRoche homered twice and drove in six runs as the Pittsburgh Pirates again prevented Los Angeles from clinching the NL West with an 11-1 win yesterday. Already assured of a playoff spot, the Dodgers lost three-of-four to the Pirates, who had dropped 23-of-26 going into the series — the franchise's worst stretch in 119 seasons.

NHL The Columbus Blue Jackets traded a 2010 third-round draft pick to the Calgary Flames for defenceman Anton Stralman yesterday. The 23-year-old Swede played 88 games the past two seasons for the Toronto Maple Leafs before being traded with forward Colin Stuart to Calgary in July for centre Wayne Primeau.

MLS New England Revolution captain Steve Ralston will miss the rest of the season because of a knee injury. Ralston tore the ACL in his right knee during the Revolution's 2-1 win Saturday against the Seattle Sounders FC. He came down awkwardly while going for a ball, and is expected to have surgery.

FOOTBALL Arena football isn't dead just yet. Officials from what will be known as Arena Football 1 say they will have 16 teams, including three in markets where the former Arena Football League had clubs: Chicago, Phoenix and Orlando, Fla. Play would begin in 2010.

METRO NEWS SERVICES



Fleury retires as a Flame

Theoren Fleury's career is ending in the same place it began. The 41-year-old has decided not to try and pursue a comeback with another NHL team, choosing instead to retire as a member of the Calgary Flames. "I could not sign with another team," he said. "I retire a Calgary Flame." The Flames released him from a tryout last week. Fleury is second on the Flames' all-time scoring list with 830 points in 791 games.

THE CANADIAN PRESS

Raptors sport new look

Nine players added to roster during off-season makeover

The Toronto Raptors filed in one by one for the team's annual meet-and-greet with reporters yesterday — but before they could meet with the media, they had to meet each other.

The Raptors open training camp today in Ottawa with nine new faces on the roster following a massive off-season overhaul. A big factor in the team's success this season could be just how quickly the players get to know each other.

"I think there's a lot of speculation that we are a lot better, but if we don't play as a team, there's going to be a lot of individual talent that's going to be wasted," said coach Jay Triano.

"Our job as coaches and the job of the players is going to be to get to know each other really quick, and I think that's one of the advantages of going away to training camp and getting away from the city a little bit and having our guys learn a lot about each other."

Unfortunately, one of the team's key pieces — captain and all-star forward Chris Bosh — will be late to join his teammates on the practice court after suffering a moderate strain of his



Toronto Raptors Chris Bosh, right, and Hedo Turkoglu laugh as they pose for a photo on Raptors Media Day in Toronto yesterday. The team opens training camp in Ottawa today.

left hamstring running sprints at home last week in Dallas. And Hedo Turkoglu, acquired from Orlando in a blockbuster four-team trade in the off-season, will take it easy through camp after playing for Turkey for most of the summer.

"They're going to find a way to integrate us, believe me," Bosh said, laughing. "We're going to have to work some things out as far as chemistry is concerned,

At Carleton

• The Raptors will hold two-a-days throughout the week at Carleton University before playing an intrasquad game Saturday and returning home Sunday.

but hopefully that will come along quickly. It's up to us to see how fast it will come along."

Bosh, one of three players back from last year's training camp — Jose Calderon and Andrea Bargnani are the others — said his injury isn't serious, but he'll likely spend much of training camp in the physio room or riding the stationary bike. "Hopefully maybe I can do something by the end of the week, and maybe after the next week or so I'll be able to go full speed, get back to normal," he said.

THE CANADIAN PRESS

Wife of Redskins owner talks about her cancer fight

Most Washington Redskins fans wouldn't recognize the soft Georgia twang of Tanya Snyder's voice if they heard it. Her 10 years

since husband Dan bought the team have been spent behind the scenes, raising three children and supporting various causes, mainly breast cancer awareness.

Then, last year, she was diagnosed with the very condition she had been working so hard to fight. Now, as a cancer survivor, she is taking on a more public role as a national spokeswoman for NFL's "Crucial Catch" breast cancer awareness campaign.



Tanya Snyder

Favre goes pink

• Brett Favre will be in purple to face the Packers for the first time next week. He'll also be wearing a little bit of pink. The NFL is honouring breast cancer awareness in October. Favre is one of four Vikings who will use pink equipment during Monday's game against Green Bay at the Metrodome, according to a league spokesman.

"My life has been very private," the 47-year-old Snyder said in an interview with The Associated Press in her husband's office at Redskins Park. "And this was one of those things I felt like, after experiencing it, this was the thing that I need to step out for."

The NFL will be awash in

pink on Oct. 4. Some players will wear pink cleats. Others will have pink gloves or wristbands. There will be pink towels and baseball caps on the sidelines. Even the goal post padding will be pink. Arizona Cardinals receiver Larry Fitzgerald, whose mother died of breast cancer, is the other national spokesman for the campaign, which encourages screenings for women over 40 and is a partnership with the American Cancer Society. Snyder was fortunate to spot the cancer early. She opted for surgery, both at the Mayo Clinic in Minnesota and at a hospital in the Washington area. She is doing well, although there are more followup visits to the doctor to come.

THE ASSOCIATED PRESS

m.metronews.ca



Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

Tevez lifts Man City over West Ham

SOCCER Carlos Tevez scored twice against his former club as Manchester City beat West Ham 3-1 in the English Premier League yesterday.

Tevez's goals were his first in the league since joining as part of a recent 200-million-pound (£345-million) spending spree and gave City its fifth win from the opening six matches — representing the club's best start to a season since 1961.

THE ASSOCIATED PRESS

SUMMER CLEAROUT 2009 SCOOTERS

We sell 50cc -500cc Check our website for more
REGULAR \$2495 SALE \$2295



DERAND.com
1231 NEWMARKET STREET, OTTAWA • 613-563-0029
30 VALCOURT, UNIT 26, GATINEAU • 819-243-1300

*Freight, PDI included. Taxes extra

Look great. Feel great. Lose weight.

FIRST 9 WEEKS FOR \$99
Lose up to 20 lbs, guaranteed!

Call for your free, no-obligation consultation

1-800-254-4895

*See in-store for details. Offer available until October 31, 2009. Herbal Magic © 2009. All rights reserved.

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canada is a leader in prevention

One of the biggest studies in the world is underway here

CELIA MILNE
For Metro Canada



We run to cure cancer. We ride to conquer cancer. We walk to end cancer. Wouldn't it be great if we could prevent breast cancer before it starts?

Canadian researchers are on the leading edge of not only finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented in the future.

"Canada is really, really leading in breast cancer research," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal. "We've got leaders in imaging, clinical

trials and animal modelling," she says.

Park studies what happens at the molecular level when someone develops cancer. "Many of us are probably walking around with the beginnings of cancer and never get it," she says. "What are the switches that allow cancer to develop? It sat there for 15 years and suddenly started to grow. That is not well understood."

Researchers around the globe are developing and linking studies and will begin to answer this question. "It is exciting," she says. Plus, new technologies give scientists the power to handle and analyse huge amounts of data. From that

"We've got leaders in imaging, clinical trials and animal modelling."

Dr. Morag Park, cancer researcher

information comes knowledge on better treatments and ways to prevent cancer.

One of the weightiest prevention studies in the world is underway in Canada. The Canadian Partnership for Tomorrow Project, now enrolling people in British Columbia, Alberta, Ontario, Quebec and the Atlantic provinces, will help to answer questions such as: Who gets cancer? Who doesn't? Where do they live? Where do they work? What do they eat? How much do they exercise?

The study will follow 300,000 Canadians over the next 20 to 30 years, who have agreed to be monitored for diet, physical activity level, sun exposure, tobacco use, exposure to chemicals, type of work, place of residence, and possible genetic factors.

Unlike many studies which are retrospective (looking back) and rely on people's memory of what they did, this study is prospective (looking forward) so results are more accurate.



Canadian researchers have the leading edge not only when it comes to finding better ways to diagnose and treat breast cancer, but also showing the world how the disease might be prevented.

Some enrollees, of course, will develop diseases such as breast cancer over the course of the study, and the data will reveal what patterns led to that. "It looks at environment, genes, behav-

iour and how those may inter-relate to cause breast cancer," says Dr. Heather Bryant, vice-president of cancer control at the Canadian Partnership Against Cancer in Toronto.

5 days to go! There's still time to unite with the people around you and register for the Canadian Breast Cancer Foundation CIBC Run for the Cure. www.cbcbf.org
On Sunday, October 4, Who are you running for?™

CIBC Run for the Cure
CANADIAN BREAST CANCER FOUNDATION



Breast Friends Dragon Boat Racing Team

CANADIAN
BREAST CANCER
FOUNDATION
FONDATION
CANADIENNE DU
CANCER DU SEIN

Title Sponsor

National Sponsors



The power of pink

Support breast cancer awareness with these limited edition beauty and fashion products — on sale in October

One in nine Canadian women is expected to develop breast cancer during her lifetime. The good news, according to the Canadian Breast Cancer Foundation, is that two-thirds will live through it.

Help support this impor-

tant cause as we head into October, Breast Cancer Awareness month. Here are a few examples of how you can incorporate a little pink into your life, while at the same time spreading awareness and raising funds for a cure.

METRO NEWS SERVICE



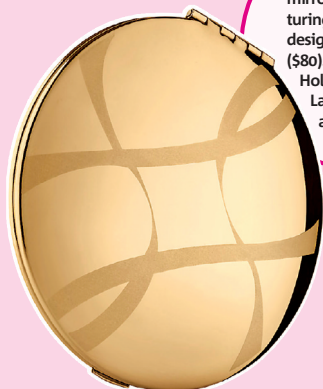
Pink Breast Cancer Awareness Pins (\$1). Available at La Vie en Rose boutiques and online at lavieenrose.com.



Estée Lauder Elizabeth Hurley Lip Set featuring lipstick, lipgloss and lip pencil in a pink ribbon cosmetic case (\$30). Available at all Estée Lauder counters across Canada.



Clinique Lipgloss Key Chain featuring a signature pink ribbon charm and three mini Long Last Glosswear SPF 15 in Air Kiss, Kissyfit and Whisper (\$22). Available at Sephora stores. sephora.com.



Gold double-sided mirror compact featuring a subtle ribbon design on the cover (\$80). Available at Holt Renfrew Estée Lauder counters across Canada.



Jacob Care natural lip gloss (\$10). Available in Bella (soft pink), Donna (light coral) or Cita (raspberry) at all Jacob stores across Canada.



Lise Watier Pink Tribute Mini Lipstick Kit featuring Shortcake, Sucre D'Orge and Golden Apricot (\$19). Available in select department and drug stores across Canada. Visit lisewatier.com.



Jeweled Pink Ribbon Pin (\$18). Covered in 20 pink crystals with a jewelry pin backing closure. Available at all Estée Lauder counters across Canada.



OPI Pink of Hearts 2009 Edition Nail Lacquer (\$10.95). Available at select professional salons across Canada. Call 800-341-9999 or visit opi.com.

Pink and white pajama set (\$39.95). Available at La Vie en Rose boutiques and online at lavieenrose.com.



Tweezerman Pink Ribbon Slant Tweezers (\$28). available at drug and department stores across Canada. Visit tweezerman.com



Clinique Dramatically Different Moisturizing Lotion (\$45.50/200mL). Available at Clinique counters across Canada. Visit clinique.ca



Swarovski's Pink Hope charm (\$55) from the Swarovski Cares line. Visit swarovski.com.

Breast cancer: Just the facts

- **NEW CASES:** 22,700 per year
- **DEATHS:** 5,400 per year
- **SYMPTOMS:** Lump in breast or armpit, changes in breast size or shape, changes in skin temperature, redness or swelling, inverted nipple, crusting or scaling on nipple.
- **SCREENING:** Mammography (once every two years recommended for women ages 50 to 69); clinical examination (once every two years recommended for women over 40); self-examination. Women with family history of the disease should ask a doctor about a personal plan.
- **TREATMENT:** A lumpectomy removes the tumour while conserving most of the breast. A mastectomy removes the entire breast and sometimes the lymph nodes. Radiation is used to treat many stages of breast cancer and frequently used after a lumpectomy. Biological therapy helps the body's immune system fight cancer. Herceptin is used to treat human epidermal growth factor positive (HER2) tumours.
- **LATEST RESEARCH:** Research funded by the Canadian Cancer Society includes assessing what information patients require about complementary therapies, the use of MRI to detect if the cancer has spread, investigating whether combining various anti-cancer drugs can activate genes that prevent spreading.

TORSTAR NEWS SERVICE

SPECIAL FOCUS ON:

Breast Cancer Awareness

health & beauty 13

Support by type

Groups now customized by disease specifics

CELIA MILNE
For Metro Canada

Karyn Stowe is a 38-year-old mother of three kids, ages seven, four and three. A year ago, she was diagnosed with an aggressive form of breast cancer called HER2 positive.

"I was totally freaked out," she told Metro.

Not many women in Stowe's stage of life and with her level of good health get breast cancer.

She is active — working out several times a week and walking six kilometres a day in midtown Toronto. She eats well, including lots of organic foods. She has never been overweight. Each of her three kids was breastfed until almost one year of age, an activity that is supposed to be protective against

breast cancer. No one in her family has ever had any type of cancer.

"I was enjoying life in my 30s," she says. "I had none of the risk factors. Breast cancer wasn't even on my radar."

Breast cancer is not one disease. There are many different types, each acting in different ways.

Gone are the days when treatment followed a one-size-fits-all model. A new era has begun in which therapy targets the specific type of breast cancer.

Stowe's cancer, HER2+, accounts for about 20 per cent of cases, and is often treated with a new targeted therapy called Herceptin.

While going through treatment, Stowe found comfort in family, friends and neighbours. She had a mastectomy and lymph node removal in September 2008, and then six rounds of chemotherapy, followed by five weeks of daily radiation. Now, she is on Tamoxifen and Herceptin.

But as treatment winds down, Stowe still needs a shoulder to cry on, a place to commiserate and share.

Support systems are also entering a new era: They are custom-made for specific types of cancer. Re-think Breast Cancer, a support network for young women with breast cancer, is launching TellHER2.ca

Find cancer support groups at cancerview.ca, look under Cancer Journey



Breast cancer support systems are entering a new era: They are custom-made for specific types of cancer. One example is TellHER2.ca, a website dedicated to those affected by HER2+ breast cancer.

— a website dedicated to connecting those affected by HER2+ breast cancer.

Stowe thinks it's a great idea. "It's really nice to talk to someone who really understands your daily dif-

iculties being a mom with breast cancer — caring for young children, fears for the future... wanting to plan but not sure if you can... wanting to chat normally with other moms on

the playground... but feeling that you always have something much bigger in the back of your head. It's so nice to talk to other women who 'get it' because they're living it too."

See changes with Breastlight

INNOVATION Get to know your breasts. Women often hear it's a good idea to feel for changes in their breasts. Lumps and asymmetries could signal cancer. Now, a small handheld machine that can be used at home allows women to see changes as well feel them.

The Breastlight, which looks a bit like a mini hair dryer, is a device containing a powerful light.

When you press it to your breast, it lights up and shows what your breast looks like on the inside. Dark lines, for instance, are veins, and that is normal. But dark shadows or splotches may be a signal to go to the doctor for a mammogram or clinical examination.

In most cases, it is a false alarm, but it is better to be safe than sorry.

Breastlight is used with a water-based lubricant. The device costs \$149.99 (plus \$9.99 for the lubricant), a little steep, but it can be used over and over again by all the women in your home. It is available at Rexall and Rexall Pharma Plus stores, or by ordering through breastlight.ca.

It is recommended that women under 50 have clinical breast exams at least once every three years and women over 50 have a yearly mammogram and annual clinical breast exam.



The Breastlight costs \$149.99 and is available at Rexall and Rexall Pharma Plus stores or at breastlight.ca.

CELIA MILNE/
FOR METRO CANADA

In brief

PRODUCT

Brita has brought back its limited edition Pink Pitcher water filtration system for October, Breast Cancer Awareness month. Brita will contribute \$4 from the sale of every limited edition Pink Pitcher to the Canadian Breast Cancer Foundation. It will be nationwide at mass retailers, including Wal-Mart, Zellers, Home Hardware and Loblaw stores for \$34.99.

METRO NEWS SERVICE

Breast cancer survivors galore

STATISTICS Though there's still much work to be done in breast cancer, the latest statistics point to good news.

Breast cancer is not a death sentence by any means. In fact, the five-year survival rate is 87 per cent, according to 2009 figures from the Canadian Cancer Society and Statistics Canada. Chances of surviving have risen five per cent over the last 15 years.

Why? "Captur-

ing the tumour early has been a key event, coupled with advances in therapy," says Dr. Morag Park, a cancer researcher and professor at McGill University in Montreal.

In 2009, it's estimated that there will be 22,900 new cases of breast cancer. And 5,400 Canadians will die of the disease.

CELIA MILNE/
FOR METRO CANADA



Choosing the breast clothing

Designer caters to bodies with little or no chest

ELISABETH BRAW
Metro World News



"I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell."

Designer Hilary Boyajian

FASHION Looking to find a sexy dress for the single-breasted woman? Good luck. Fortunately, a New York fashion designer has pioneered a new approach.

"Many women can't or don't want to have reconstructive surgery," says Hilary Boyajian. "I realized that the only clothing targeted to women who had lost their breasts were the medical bras hospitals sell. Who goes clothes-shopping in a hospital?"

Between 70 per cent and 84 per cent of breast cancer patients in developed countries beat the disease, only to face an awkward reality: they have nothing to wear.

So Boyajian, a 33-year-old New York designer, developed Chikara, a fashion line for women with one or no breasts. The ancient Greece-inspired clothes, which are draped across the chest, cover up the missing breasts. Boyajian sells the clothes over the Internet and recently opened her first shop, in New York City's NoLita neighborhood.

"I get so many emails from breast cancer survivors thanking me for doing this," she says. "What they particularly like is that people don't look at their clothes and say 'Oh, that dress must be for a woman with no breasts.'"

For more information: chikaradesign.com.



Designer Hilary Boyajian doesn't want breast cancer to limit women's fashion options. For this reason she has designed a line of clothing for the woman with one or no breasts. It includes pieces like this sweater with draping across the chest (left) and one-sided bras (above). Her clothing is sold at chikaradesign.com



Elective breast removal

Voluntary mastectomy rates up in recent years, says U.S. study

ELISABETH BRAW
Metro World News

Losing your breasts as a result of cancer is traumatic enough. But removing them voluntarily? Lots of women do it.

"It felt like I had a ticking bomb in my body," recalls Jennifer Chamberlin, a 36-year-old paramedic from Pennsylvania.

"My grandmothers and several aunts had had breast cancer."

So Chamberlain decided to surgically remove both of her breasts, along with her ovaries — even though she didn't have cancer.

"I just didn't want to risk getting cancer. I know I can still get other types of cancer, but this was one risk I could do something about," she says.

Chamberlin is not unique: between 1998 and 2005, the rate of contralateral prophylactic mastecto-

my — removal of two healthy breasts — among U.S. women increased by 188 per cent, according to a study by physicians at the University of Minnesota School of Medicine.

"The 10-year survival rate for women with DCIS (the most common form of breast cancer) is 98 to 99 per cent," says lead researcher Dr. Todd Tuttle.

"Removal of a normal breast will not improve the excellent survival rates. Nevertheless, many women, particularly young women, are choosing to have both breasts removed."

Jamie Inman of California made the same choice — and deeply regrets it.

"If I had known about the sexual side effects there's no way I'd have done this," she says.

"Not having any nipple sensation has been devastating, both to my me and my husband."



The rate of contralateral prophylactic mastectomy — removal of two healthy breasts — among U.S. women increased by 188 per cent between 1998 and 2005.

Men need to be screened too

AWARENESS Though it is rare, men can and do get breast cancer.

According to the Canadian Breast Cancer Network, fewer than one per cent of breast cancer cases are found in men. Yet, they caution that it is still important for men to practice screening techniques. Men of all ages can develop breast cancer; however, it is most commonly diagnosed between the ages of 60 and 70.

Risk factors for men include having a family history of breast cancer, carrying the BRCA2 gene mutation, estrogen administration and having a disease or condition associated with hyperestrogenism (eg: gynecomastia, Klinefelters or cirrhosis). Symptoms for men to be aware of include breast lumps, nipple inversion, nipple discharge and pain in the breast.

METRO NEWS SERVICE

Paint sales benefit research

PRODUCT Fall is a good time to paint because it's still warm enough to keep the windows open.

Sico's Flat for Ceilings latex paint rolls on pink and dries to white, showing you areas you've already painted. So, you don't have to worry (much) about those extra splashes.

And, best of all, Sico is donating \$1.25 from each gallon of paint sold across the country to the Canadian Cancer Society.

Sico's campaign, which kicked off Sept. 1, aims to raise \$50,000 toward breast cancer research.

"There's a lot of excitement about this," says Stéphanie Pelland, marketing communication manager for Sico.

Sico aims to sell 40,000 gallons of paint, which retails for \$26.99, to reach its goal.

TORSTAR NEWS SERVICE

Sit and sniff — dogs fighting cancer

CELIA PEDROSO
Metro World News

Dogs can help fight two of the most deadly types of cancer — breast and lung cancer — detecting it in exhaled breath.

A study conducted at the Pine Street Foundation, a non-profit cancer education and research group in San Anselmo, Calif., had such good results that a new research, related with ovarian cancer, is currently being done. The methodology is similar as are the breeds used.

Nicholas Broffman, executive director of the Pine Street Foundation, alerts: "Should your best friend display a persistent and animated behaviour around a person, we do recommend medical follow-up."

Here Broffman answers questions about his studies:

Q Do you think your studies can lead to a future scent detection system in clinical practice, alongside mammograms, for instance?

A Our research will lead to the development of new diagnostic tools that can be used along currently accepted screening methods, such as mammogram and CT scans.



Researchers now use dogs to conduct cancer detection studies by having them sniff exhaled breath samples.

Q Will dogs one day detect cancer even earlier than standard screening tests?

A The specificity and the sensitivity of the dogs involved in our 2006 study exceeded several currently accepted screening methods.

Q How were the reactions to your study in the medical community?

A The medical community is always looking for ways to improve accuracy and find methods that can detect cancer at its earliest stages. Other researchers around the world are now working on the early detection of

disease through scent and biological biomarkers.

Q After your successful studies, should we worry if our pets insist on smelling our neck or breath?

A Numerous anecdotal reports have been published and televised documenting individual cases in which dogs began to display persistent and animated behaviour around specific body locations on their owners. These behaviours, on subsequent medical evaluation, proved to be accurate, and in some cases life-saving, early warning signs of cancers such as those of the breast and skin (melanoma).



Bridget Spence, left, a 25-year-old with Stage IV breast cancer, is seen here with her mother Dorothy Mooney.

Survivor sees the sunny side

PEOPLE Bridget Spence knows she wants children. But she doesn't dare to even dream of it. The 25-year-old has Stage IV breast cancer.

One day four years ago, Spence felt a lump in her breast. She saw a doctor, who checked her breast and assured her that it was nothing to worry about.

"But when I graduated six months later, the lump was protruding from my breast, and my parents told me I looked yellow," recalls Spence, a fit yoga-fan with no family history of breast cancer. "So I went to a different doctor. He told me that I had Stage IV breast cancer that it had spread to the liver."

Spence was given a 16 per cent chance of surviving un-

til age 30.

"At first I was very angry at having been misdiagnosed and wondered 'why me?'" she tells Metro. "But then I thought 'I'll show you! I'll be one of the 16 per cent'."

Four years later, Spence is still alive. She even has a full-time job.

But she knows the disease may still defeat her.

"Cancer is a roller-coaster," she explains. "There are bad days and good days, where I think I can be among the 16 per cent."

The worst days come every three months, when Spence undergoes a scan to see if the tumor has grown.

"Then I turn off the phone and go into survival mode," she says.

ELISABETH BRAW/
METRO WORLD NEWS

In brief

DIAGNOSING Only five per cent of all breast cancer cases occur in women under 40. Diagnosing breast cancer in young women is more difficult because their breast tissue is generally denser than the breast tissue in older women. By the time a lump in a younger woman's breast can be felt, the cancer often is advanced. Breast cancer in women under 40 can also be more very aggressive and less likely to respond to treatment than breast cancer among older women.

SOURCE: WEBMD

DHA boosts babies' cognitive skills

Adding fatty acid nutrient to formula can help develop goal-directed behaviour: Study

Babies fed formula experimentally supplemented with the essential fatty acid DHA appear to have higher cognitive skills than infants given standard formula, a study has found.

Previous research has shown that breast-fed babies have more advanced cognitive skills than formula-fed babies and those capabilities appear to persist into later childhood. Scientists have suggested the difference could be due to high levels of DHA found naturally in breast milk.

To test the theory, researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

The study included three groups of babies at different ages given one formula or the other: The first group within days of birth; the second group after six weeks of being breast-fed and weaned; and the third following



Researchers at the Retina Foundation Southwest and the University of Texas studied more than 200 infants randomly assigned to be fed either DHA-fortified formula or standard formula.

four to six months of breastfeeding and weaning.

All the children were assessed at nine months of age using a problem-solving test in which they had to complete a sequence of steps to reach and grab hold of a rattle.

In the two-step test, the babies had to remove a cloth covering the rattle and pull another cloth on which the toy was placed so it was close enough to pick up, said James Drover, who helped conduct the study during a

post-doctoral fellowship at the Retina Foundation in Dallas.

"So it's very goal-directed," Drover, now an assistant professor of psychology at Newfoundland and Labrador's Memorial University, said Tuesday from St. John's. "They have to carry out those behaviours in order to get the toy."

"And what we found was the children that were fed the DHA-supplemented formula were more likely to show these goal-directed behaviours. They had higher intentions scores.

Not only that, but they were more likely to be successful on each trial."

Dr. Robert Issenman, chief of pediatric gastroenterology and nutrition at McMaster Children's Hospital, could not comment specifically on the study, but said DHA has long been suspected of being "a very important nutrient in infants in terms of their neuro-cognitive development."

In fact, DHA has routinely been added to formula given to premature infants and recently man-

ufacturers began selling DHA-enhanced formula for all babies "on the premise that if it's good for the premature babies, it might be good for (full-term) babies."

Issenman, a spokesman for the Canadian Paediatric Society, said researchers would need to study children over time to determine whether inclusion of DHA in formula for infants actually has lasting effects on their cognitive abilities compared with kids who didn't get DHA-added formula.

"The Canadian Paediatric Society would say that one way to assure that you're getting appropriate levels of nutrients for infants is to breastfeed," he said from Hamilton. "And we encourage breastfeeding of all babies, exclusively for six months and at least to a year."

As to the benefits of adding DHA to formula, Issenman said the CPS "doesn't have a position on that at this time."

Bruce Holub, a professor of nutritional sciences at Ontario's University of Guelph, said the study

What is DHA?

• DHA, or docosahexaenoic acid, is found in high concentrations in the human brain and retina of the eyes. Dietary sources include oily fish, eggs and meat.

used amounts of DHA in its enhanced formula that are rarely seen in the breast milk of Canadian mothers — but should be.

Holub, an expert in DHA and other Omega-3 fatty acids, said studies have shown that on average, pregnant and lactating women in Canada have DHA levels far below optimal.

Breastfeeding, when possible, is certainly recommended, he stressed. But women need to add more DHA-rich foods to their diets — especially fish — so their babies get enough of the nutrient in the breast milk.

The study appears in the September-October 2009 issue of the journal *Child Development*.

THE CANADIAN PRESS

The green winners

Our eco-friendly picks include rollerball aromatherapy, a cool deodorant and an anti-frizz hair balm

Saijojo Calm Eco Smoothing Balm

Saijojo is a new Canadian eco line of hair products with a Zen-inspired name meaning "great and perfect practice." Indeed, you'll feel calm knowing this frizz-fighting, shine-boosting styling cream contains camellia seed oil and vitamins that nourish hair, (\$26, 150 ml)



Erbaviva Lemon & Sage Organic Deodorant

You can share this chemical-free spray deodorant with your natural guy — its woody scent is meant to appeal to women and men. (\$19, 100 ml)



J.R. Watkins Lip Tint

These natural and slim little beeswax balms condition lips with a hint of shine and colour (you can layer them for more intensity). Shown here: Strike-a-Rose, left, and Simply Mauve-lous. (\$6 each, 2.55 g)



Aromatherapy Personals

Made from all-natural oils, NuWorld Botanicals rollerballs come in 11 mood-enhancing blends to massage into pulse points. Aphrodisiac contains jasmine, sandalwood, ylang ylang and patchouli, purported to enhance sexual energy. (\$20 each, 9.6 ml)

RHONDA ROVAN/BEST HEALTH MAGAZINE

AN INVESTIGATIONAL ORAL CONTRACEPTIVE PILL CLINICAL RESEARCH STUDY

Many women who take the birth control pill have pelvic pain, cramping, or headaches during the hormone-free interval (the week off the pill when they either take sugar pills or no pill at all). They may also have breast tenderness, nausea, vomiting, heavy bleeding, bloating, or swelling.

A new birth control method has been developed in an investigational study and is currently being evaluated in a worldwide research study. This investigational drug may reduce the amount of pelvic pain or headaches women have during the hormone-free interval compared to other birth control pills.

YOU MAY QUALIFY TO TAKE PART IN THIS STUDY IF:

- You are between 18 and 50 years old
- You are currently taking a monthly birth control pill
- You have pelvic pain/cramping or headaches during your week off the pill.

For more information, please call Lorraine Denis at 613-738-8400 ext 81732
Clinical Research Coordinator The Ottawa Hospital – Riverside Campus

This research project has been approved by the Ottawa Hospital Research Ethics Board.



Warren Clinic of Chiropractic

Spinal Health Week:

October 5th – 9th, 2009

- Complimentary Consultation & Examination
- Discounted x-rays

Massage Therapy:

- 1 Hour massage \$63 for all new clients

Days and Evenings

- X-Ray Facilities
- Family Practice
- Sports Injury
- Repetitive Strain Injury
- Activator Method Available
- Registered Massage Therapy
- Return to Play Therapy
- Acupuncture

613-224-4080

1453 Woodroffe Ave., Ottawa
www.warrenclinic.ca



Dr. Frederick W. Warren
Rachelle Behrens, RMT

besthealthmag.ca

Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca



Sugar Daddies fine, Cougars taboo

Double standard still exists for older women who date or marry much younger men

The J Spot

Josey Vogels

metronews.ca/thejspot

When Claudia Openkelder told me that ABC refused to run her ad for CougarLife.com in certain markets during the premier of Courtney Cox's new series *Cougar Town* because advertising a service that helps older women meet younger men clashed with the network's Disney-affiliated image, I was as taken aback as she was.

Surely, I thought, six years into Demi Moore and Ashton Kutcher, we're no longer shocked by the idea of older women dating, even marrying, much younger men.

But then I tried to imag-

"Powerful and wealthy men have been dating younger women for years."

ine how I'd feel if the advertiser were sugardaddy.com or establishedmen.com, one of the many sites that set older men up with young women.

Would I be equally dumbfounded? I doubt it. But that's because powerful, wealthy men have been dating younger women for years and nobody bats an eye, says Openkelder, who, at age 39 is dating a guy 14 years younger.

Now that women are enjoying more independence, wealth and power than ever before, we're seeing more women looking for a young, spirited mate who can keep up with her.

Certainly, women still have more hurdles to over-

come in this arena. I am reminded of a story that a colleague told me about her marriage to a guy five years younger.

His mother walked around her wedding telling people: "She's older than him, you know, AND a divorcee!" I kid you not. Surely, had it been the other way around, no one would have blinked.

And the irony of ABC's decision not to run her ad — which depicts a bunch of shirtless construction workers outside a school ogling the teacher rather than the students — during a series all about older women dating younger men is not lost on Openkelder.

"Apparently, they're okay with a fiction ver-

sion of this idea, but they're not comfortable with the reality," she says.

I just worry that the Cougar is becoming yet another im-

age modern

women have to live up to. After all, CougarLife.com describes cougars as independent, sexy, wildly successful, classy, confident, smart. Phew. Meanwhile the only adjective for the men over on establishedmen.com is "financially successful."

I couldn't agree more that as women enjoy more independence and power they should also enjoy a greater variety of choices

when it comes to all aspects of their lives.

But for me, the double standard will only really end when we don't have to bend over backwards convincing society that women still have a shelf life after 40. And no one blinks when we marry a younger man.

• Share your best relationship disaster story on the comments section of Josey's Sexcetera blog at metronews.ca/blog.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



After Demi Moore and Ashton Kutcher, are we still shocked by the idea of older women dating, or even marrying, younger men? Looks like some people still are.

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

WHEN SURGERY MAY BE REQUIRED FOR JOINT PAIN

In last week's article, we talked about treating crowded teeth. You might recall that we recommended orthodontics as a common treatment for this condition. However, we also discussed the possibility that surgery may be an option some people with crowded teeth will have to consider.

And it is not only people with crowded teeth that may have to consider surgery. Individuals whose jaws are not properly aligned may also have to consider surgery to correct the problem. Some of the symptoms that may result in oral surgery in the future can include difficulty or discomfort chewing or biting food, problems swallowing, chronic jaw pain or headaches, chronic mouth breathing or even sleep apnea.

We certainly do not recommend surgery as the first course of action for most dental conditions. As indicated above, orthodontics may solve the problem of crowded teeth. Similarly, people who have problems with the alignment of their jaw joints may find that a bite splint is sufficient to treat their condition.

In fact, bite splints have proven to



Dr. Wayne Perron
Dental Surgeon

be very effective in helping to realign the bites of many patients. For many patients, it can be a recommended treatment plan. However, in some cases, surgery may prove to be the best choice.

The decision to proceed with surgery is not one to be taken lightly. In fact, your dentist will usually consult with an oral surgeon and, in some instances, an orthodontist to determine if you are a suitable candidate for surgery.

The oral surgeon will be responsible for determining what sort of corrective surgery your condition will require. If orthodontic treatment is also required after the surgery, your orthodontist will

continue to see you and monitor your progress.

And of course, your dentist will be an integral part of the team that follows your improvement. This can include dealing with any post-surgery discomfort and also helping to ensure that your bite has improved as planned.

At the end of the day, corrective surgery can improve the functionality of your jaw, alleviating pain while chewing. This can be vital to make sure you can continue to eat those fresh fruits and vegetables that are vital to your health, but which can be difficult to manage when the jaw is out of alignment. You will also likely be pleased with the improvement in your cosmetic appearance

So if crowded teeth or poor jaw alignment is a problem for you, talk to your dentist. You may not require surgery to correct the problem. But if you do, it is best to address the problem sooner rather than later. Because addressing your dental health early is a healthy habit...and healthier habits lead to healthier lives.

Dr. Wayne Perron - Dental Surgeon

Sign up now!

MUSIC·THEATRE·DANCE at the NAC

\$11 TICKETS




Free membership at liverush.ca

If you're a full-time student ages 13 to 29, become a Live Rush™ member and you can purchase tickets to NAC performances* for just \$11!

*Some restrictions and standard text messaging rates apply.

40 years

40 ans

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

Connect with the NAC

Getting those veggies ribbon-thin

To speed up the ribboned vegetable prep time, try using a mandolin or Benriner slicer to make perfect zucchini and squash ribbons. If you don't have one, some vegetable peelers will also make long ribbons. 20MINUTESUPPERCLUB.COM

17

Food

For new ideas on how to prepare your turkey and all its fixings, try the 20minute supperclub.com Thanksgiving Guide. Maple Squash, Paper Bag Roast Turkey and many other fall recipes await you.



You can win

Enter your favourite fall recipe in our 20 Minute Supper Club Favourite Fall Recipe contest and you could win one of 10 Breville Prize Packages.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Leaving you warm and full

With the cool breeze of fall in the air, it's the perfect time to start thinking about your Thanksgiving spread.

This week's fall meal is full of vitamins and vegetables to keep you healthy in the colder months. To begin this healthy meal we start with the veggie-packed Moroccan Quinoa Salad. Next, we explore the delicious taste of rainbow trout in the Pan Fried Trout with Zucchini Ribbons and Pine Nuts. End the meal on a sweeter note with Spicy Caramelized Pecans and Cranberry Brie: Sure to be a household favourite. -CHRISTY PENGILLY

Moroccan Quinoa Salad

Food Styling by Ian Mugridge.

SERVES 6
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 3 cups cooked quinoa (from 1 cup dried)
- 1/3 cup freshly squeezed lemon juice (about 2 lemons)
- 3 tablespoons olive oil
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/4 teaspoon sugar
- 1-1/2 cups canned black beans, rinsed
- 1-1/2 cups corn kernels (about 2 cobs) or defrosted frozen
- 1/2 small red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 1/2 cup slivered almonds, toasted
- 1/4 cup chopped green or black olives
- 1/4 cup chopped fresh mint



A complete fall meal from 20 Minute Supper Club.

- 1/4 cup chopped fresh coriander

METHOD:

1. Cook quinoa.
2. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.
3. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.
4. Drizzle with vinaigrette. Toss to combine.
5. Refrigerate for at least one hour to allow flavours to combine. Add fresh herbs just prior to serving. May be served at room temperature.

Pan Fried Trout with Zucchini and Pine Nuts

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

INGREDIENTS:

- 2 small zucchini (about 8oz), trimmed, sliced lengthwise into 1/16-inch ribbons
- 1 small squash, trimmed, sliced lengthwise into 1/16-inch ribbons
- 1/4 teaspoon kosher salt, plus more for seasoning
- 1/4 cup baby watercress
- 1/4 teaspoon finely grated lemon zest

- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon thyme leaves, or regular thyme
- 1 teaspoon honey
- 1/4 cup, plus 2-teaspoons fruity olive oil
- 1/4 cup pine nuts
- 4 (6oz) fresh rainbow trout fillets

METHOD:

1. In a colander, toss zucchini and squash ribbons in 1/4-teaspoon salt and set aside for 10 minutes. Pat dry with paper towels and set aside in a bowl with watercress.
2. In a small bowl, whisk lemon zest and juice, thyme leaves and honey together. Slowly whisk in 1/4-cup olive oil to blend. Season with salt and pepper and set aside.
3. In a large dry non-stick skillet, set over medium-high heat, add pine nuts and stir constantly until golden brown, about 4 minutes. Remove from skillet and set aside. Return skillet to heat and add 2 teaspoons olive oil. Working in batches as necessary so as not to overcrowd the skillet, gently place trout fillets, skin-side up and cook until golden brown, about 2-3 minutes. Remove from pan, keep warm and cook second batch of fish, adding more oil as necessary.
4. To serve, pour 1 tablespoon vinaigrette over zucchini and watercress, season with salt and pepper and gently toss. Divide equally between 4 plates, set trout over top of zucchini and sprinkle pine nuts around fish. Spoon remaining vinaigrette over fish or serve on the side to be poured over fish as desired.

chini and sprinkle pine nuts around fish. Spoon remaining vinaigrette over fish or serve on the side to be poured over fish as desired.

Spicy Caramelized Pecans & Cranberry Brie

Recipe Developed by Dana McCauley.

SERVES 6
PREP TIME: 10 MINUTES
COOKING TIME: 5 MINUTES

INGREDIENTS:

- 1/2 cup lightly packed brown sugar
- 1/4 cup corn syrup
- 1/4 cup unsalted butter
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon hot pepper sauce
- 1-1/2 cups pecan halves, roughly chopped
- 1/2 cup dried cranberries
- 1 3-inch round, Brie cheese

METHOD:

1. Combine brown sugar, corn syrup and butter in a small, heavy-bottomed saucepan set over medium heat. Stir mixture until it comes to a boil. Boil gently, without stirring, for 1 minute.
2. Remove from heat and, shielding hands with oven mitts, quickly whisk in baking soda. Stir in salt, hot sauce, pecans and dried cranberries until mixture begins to set, about 30 seconds.
3. Working quickly, mound warm nut mixture on top of Brie and let caramel cascade down sides of cheese.



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Wine & brew: Cheers to U2

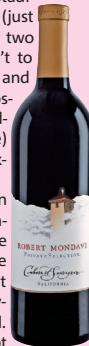
Leave it to me to bring wine to a tailgate party. OK, while I'm not much of a football fan, my

trip to Gillette Stadium in Foxboro (just outside Boston) two weeks ago wasn't to see a game. Me and 60,000 of my closest friends (including Tom Cruise) were there to experience U2.

Tom didn't join us for a pre-concert tipple in the stadium's massive parking lot, but just about everyone else did. Though I kept things simple with my bottle of American-made 2007 Robert Mondavi Private Selection Cabernet Sauvignon (\$18.95 - \$19.99) and a couple of glasses; hundreds of others came prepared to party.

Of course Boston is a beer town and Samuel Adams' Boston Lager (6 x 355 ml, \$12.10 - \$15.99) is its lifeblood; combining the depth of an English ale with the refreshing personality of a Euro lager.

So how was the concert? To quote Bono: "Magnificent."



one for me

You could win' \$100,000 for you.

one for you*

And \$100,000 for the charity of your choice.†

Enter Cadbury UPCs online at oneforme.ca or oneforyou.ca

*NO PURCHASE NECESSARY. Contest ends Nov. 8, 2009. For rules, details & entry, visit www.oneforme.ca or www.oneforyou.ca. Must be Canadian resident age of majority. 1 Grand Prize of \$100K + a matching cash donation to a charity of your choice. 203 Instant Win Prizes with ARVs from \$35 to \$1,000 + a matching cash donation to a charity in the contest rules. Odds of winning any prize depend on no. of eligible entries. Odds of winning an Instant Win Prize also depends on time & date of entry. Skill-testing question required. †Charity of choice is a list of registered charities pre-selected by contest sponsor in the following categories: Local/Community, Global, Environment & Health. See full contest rules for further details. *Trademark of or used under license by Cadbury Adams Canada Inc.

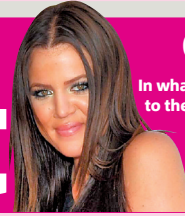
In a frenzy to score tickets to the Michael Jackson music documentary *This Is It*, fans began lining up three days earlier and snapped up all 3,000 tickets to the L.A. advanced screenings in just two hours on Sunday. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Quick hitch

In what proved to be an elegant finale to their month-long courtship, Khloe Kardashian wed Los Angeles Laker Lamar Odom on Sunday evening at a private residence in Beverly Hills. **PEOPLE.COM**



Gaga defends Kanye

Kanye West can rest assured that tour mate Lady Gaga has got his back.

Gaga said yesterday it was unfair of fans to judge West for his on-stage confrontation with Taylor Swift at the MTV Video Music Awards this month.

"I can tell you that he's very sorry, and he made a mistake, and he knows it," Gaga over the telephone from Virginia, while she munched on cereal.

"But at the end of the day, he is a pioneer in hip-hop music, and he changed what hip-hop music means. And I think that it's time for everyone to kind of take their heads out of the newspapers and remember that, in truth, Kanye's

making most of the music we hear on the radio today.

"He has a tremendous effect on everybody's lives and I think it's unfair to judge a person by one thing that they said."

West's latest award-show antics came after Swift beat out Beyoncé to win Best Female Video for her hit *You Belong With Me*.

Just after the 19-year-old country phenom approached the microphone to accept the award, West hopped on stage, grabbed the mike and declared that Beyoncé's *Single Ladies*

(Put a Ring on It) was one of the "best videos of all time." Swift didn't finish her speech until Beyoncé later invited her on stage.

THE CANADIAN PRESS



Monkeys mellow out

Scrappy British rockers took their time making third album

CAM LINDSAY
for Metro Canada

Just three years ago Arctic Monkeys became an overnight rock 'n' roll phenomenon in the U.K. when the band released its debut album, *Whatever People Say I Am, That's What I'm Not*.

It set the record for the fastest-selling debut album, won the highly coveted Mercury Prize and a BRIT Award for Best Album. For a bunch of 20-year-olds the whirlwind experience must have put them on the brink of losing it, but frontman Alex Turner talks like it was just part of their job.

"I don't think we were ever gonna crack," he says. "It seems different to me being involved in it. We all grew up on the same street practically, we've known each other for a number of years now and I guess that helps you bypass a lot of that bulls—."

Things have certainly calmed down over the last two years for Turner who says that "it's a really good feeling, these days." After rushing a second album, the band was not only able to take its time with album number three, but do it out in the Mojave Desert with Queens of the Stone Age lynchpin Josh Homme.

The partnership had many imaginations running wild over what kind of heaviness Homme could bring to the band's third album *Humbug*, but Turner says it brought very different results.



The Arctic Monkeys got help from Queens of the Stone Age's Josh Homme on new album *Humbug*.

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh (Homme)."

Alex Turner

"When we started off we were kind of wild and treacherous, but I think we really trimmed it back while we were with Josh," he says. "Before that the songs were full-on and fast. And then we kind of elected to change the plan a little bit and then slowed down and mellowed out compared to our first two records."

"We really wanted to shed our skins after the first album, and prove to ourselves that it wasn't just luck. We did rush that second album, but I think because of that we were able to breathe a little bit more before we made this record. The whole process of *Humbug* was a lot more relaxed."

Humbug is looser, more

impulsive and darker than its predecessors. While it might not be the album some people expect from the band at this stage, one thing's for sure: the band's dynamic two-guitar blast is better than ever.

According to Turner the desert sessions helped them confront a fear of theirs. "We learned a lot working with Josh and (engineer) Alain Johannes in the guitar department especially. Solos, I think we'd always been frightened of before this record, but they encouraged Jamie (Cook) and I to step it up."

FASHION SHOW
Saturday Oct. 3 - 10am
supporting breast cancer awareness

THE WHOLESALE OUTLET
1877 INNES ROAD
OTTAWA
613-748-6605

BIG COMEDY BIG LAUGHS
YJ BIG FUN WEEKNIGHTS
MON - THURS 8PM E/P

EVERYBODY HATES CHRIS
8:30PM E/P

8 SIMPLE RULES
FOR DATING MY TEENAGE DAUGHTER
9PM E/P

WHAT I LIKE ABOUT YOU
9:30PM E/P

MALCOLM IN THE MIDDLE
8PM E/P

entertainment 19

DVD picks

Monsters vs. Aliens

Director: Rob Letterman, Conrad Vernon

SLIP ON YOUR 3-D SPECS and dig the 1950s-ish angle of this animated comedy: Patriotic Yankee monsters who are summoned to save the planet from a four-eyed alien nerd.



These monster mash-ups are rad, dad, all blasts from classic films. The best of them are Ginormica (Reese Witherspoon), a giantess just one inch shorter than the title freak of Attack of the 50 Ft. Woman, and B.O.B. (Seth Rogen), a sapphire splodge getting jiggy with the icky entity from The Blob.

It's a bit of a stretch to say they're fighting "aliens." It's really just one megalomaniac midget who goes by the vainglorious handle Galaxhar (Rainn Wilson).

Co-directors Rob Letterman (Shark Tale) and Conrad Vernon (Shrek 2) have packed everything but a tray of Rice Krispie squares into the tale (although there is a Jell-O mould), and it's clear the project was near and dear to their geeky li'l hearts.

It's almost too much love. Combining outer-space Armageddon with female empowerment makes for an embarrassment of riches. But the characters are fun, and now that we've met them, let's hope for a bofo sequel. Extras include four pair of 3D glasses, a commentary track, deleted scenes, behind-the-scenes featurettes and a bonus cartoon about Rogen's B.O.B. character.

The Girlfriend Experience

Director: Steven Soderbergh

MORE ABOUT THE IDEA of sex than the act of it, Steven Soderbergh's exploration of lust for sale is low on carnality but big on authenticity.

Real-life porn star Sasha Grey is Chelsea, a New York prostitute who commands top dollar for providing the illusion of emotional attachment along with sexual gratification.



There's no sex and very little nudity in the film, which will disappoint anyone who doesn't know the director's Spartan aesthetic, in which art always triumphs over orgasms.

Grey makes for a fascinating Soderbergh surrogate, balancing curiosity and drive with the desire for emotional detachment. On the basis of her work here, she may have a career outside of adult films, which she says she wants. Extras include a discussion of the film between Soderbergh and Grey plus a promotional featurette.

PETER HOWELL/
FOR METRO CANADA

We are all connected. Register together today at www.cbccf.org. Unite with the people around you for the Canadian Breast Cancer Foundation CIBC Run for the Cure. Walk, Run and Give Generously. On Sunday, October 4, Who are you running for?™

CIBC Run for the Cure
CANADIAN BREAST CANCER FOUNDATION

Queen's University Rugby Team

CANADIAN BREAST CANCER FOUNDATION
FONDATION CANADIENNE DU CANCER DU SEIN

Title Sponsor



National Sponsors



Silhouettes singer Wilson, 69, dies

MUSIC The Rev. John (Bootsie) Wilson, a former lead singer and last surviving member of the group The Silhouettes, has died. He was 69. The Michael A. Glenn Funeral Home confirmed yesterday that Wilson died Sept. 21 at his home in Spartanburg, S.C.

He joined The Silhouettes in 1961, after the original lead singer left the group which was perhaps best known for its 1958 No. 1 hit Get a Job. Wilson re-recorded the song with the group in 1968. He moved to South Carolina in 1972 and became a minister, serving as an African Methodist Episcopal pastor for three decades. Music historian Charlie Horner of Classic Urban Harmony calls Wilson's death the end of an era.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at
metronews.ca/kenyasstyleFor complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/29/09	265 353 2 TVO The End of Suburbia	The Agenda With Steve Paikin	Blackpool	Life in Cold Blood	Agenda-Paikin					
	211 331 3 GTV ET Canada Entertainment	NCIS: Reunion (N)	NCIS: Los Angeles (N)	The Good Wife (N)	News Final					
	- 5 SRC Virginie (SC) La Facture	Providence (HDTV) (N) (SC)	Aveux Carl refait surface. (SC)	Le Téléjournal Nouvelles. (SC)	TJ Ontario					
	209 342 6 CHRO Degraiss: TNG	TMZ (N)	Monk (N)	Wife Swap	Comedy Now					
	196 311 7 CTW etalk	Hollywood	You Can Dance	Law & Order: SVU	CTV News					
	208 303 8 CBC Wheel-Fortune	Jeopardy! (N)	Rick Mercer 22 Minutes	CBC News: The National	The Hour					
	- 360 9 NBC Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)	The Jay Leno Show (N)	News					
	117 713 10 TVA Les Gags	Occupation	Caméra café Taxi 02-22 (SC)	La Promesse (HDTV) (N) (SC)	TVA nouvelles (10:45) Denis Lévesque					
	- 11 OS Bienvenue	Rire et délire	La Verité choc	Pratique privée (SC)	Wipe Out					
	137 763 12 TFO Panorama	Un monde de passions	L'Emploi du temps *** (2001, Drama)	Aurélien Recoing	Monde					
	- 362 13 CBS The Insider (N)	Justice-Brown	NCIS: Reunion (N)	The Good Wife (N)	TwoHalf Men					
	216 395 14 OMN2 Family Guy	The Judge	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TBA					
	214 344 15 CITY Hell's Kitchen (N)	The Simpsons	The Biggest Loser (N)	The Jay Leno Show (N)	News					
	115 343 16 CFMT TwoHalf Men	The Simpsons	Omni News: Italian Edition (N)	The Simpsons	Metropia					
	218 345 18 CHCH Shanghai Surprise * 1986, Crime Drama	Sean Penn.	How Ford Drives America	Reindeer Games ** (2000, Crime Drama)	News at 11					
	- 361 20 ABC Action News	Entertainment	La Période de questions	Dancing With the Stars	the forgotten (HDTV) (N)					
	512 396 24 CPAC La Période de questions	Little House on the Prairie	L'Heure politique	100 Huntley Street	Revue					
	651 355 25 CTS Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	John Hagee					
	- 365 36 FOX TMZ (N)	Seinfeld	Hel's Kitchen (N)	FOX 2 News (N)	News					
	- 64 PBS Business Rpt.	Parklands-Mid	The National Parks: America's Best Idea (N) (DVS)	Great Lodges, National Parks	Charlie Rose					
	205 312 104 CTW etalk	Hollywood	You Can Dance	Law & Order: SVU	CTV News					
	502 390 26 NW CBC News	Mansbridge	CBC News: Tonight (N)	CBC News: The fifth estate	National					
	500 500 3 CNN Lou Dobbs Tonight	Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)						
	406 417 27 net MLB Baseball Toronto Blue Jays at Boston Red Sox. From Fenway Park in Boston.	Grands reportages (SC)	Le Téléjournal (SC)	Sportsnet Con. Sportsnet Con.	Sportsnet Con.					
	126 730 38 RSN 24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National					
	400 280 30 TDI That's Hockey! NHL on TSN Fantasy Draft	Over the Bolts	2009 World Series of Poker	SportsCentre (HDTV) (Live)						
	410 403 52 SCR Caddy Unlimit	Score Today	FullTiltPoker.net Million	Score Now	Score Now					
	411 457 56 OLN Ghost Hunters	Bounty Hunter	Bounty Hunter	Ghost Hunters	Bounty Hunter					
	417 406 59 SC Pimp My Ride	Pass Time	Monster Jam (HDTV)	Super Bikes!	Jack'd!					
	554 544 48 TEL Scooby-Doo	Total Drama	6TEEN	King of the Hill	Jack'd!					
	557 540 51 FAM Wizards-Place	Han. Montana	Zack & Cody	Life Derek	American Dad					
	551 542 65 YTV Drake & Josh	Prank Patrol	Malcolm-Mid.	8 Simple Rules	Ned's School					
	570 580 29 MTV The Daily Fix	Ranked!	Wild 'n Out	What I Like	Family Biz					
	615 520 31 A&E Criminal Minds (HDTV)	The First 48 (HDTV)	Manhunters	Wild 'n Out	Prank Patrol					
	628 584 32 SPKE (6) Rocky IV (1985, Drama)	UFC Unleashed	DEA "Operation Pill Grinder"	High School Reunion	Adrenaline Proj					
	521 560 34 TLC Ultimate Cake Off	Cake Boss	Cake Boss	Manhunters	Surv. Disaster					
	145 761 35 TVC Zoom animal	Pékin express	18 Kids-Count	Manhunters	Cake Boss					
	616 521 39 SHO The Outer Limits	Disaster Zone: Volcano in New York (2006, Action)	Bones	Manhunters	TVS Le Journal					
	620 523 40 BVO Kaeshammer	BravoVideos	Live at the Rehearsal Hall	Manhunters	NCIS					
	520 505 42 DIS Daily Planet (N)	How It's Made	How It's Made	In the Shadow of the Blues	Law & Order					
	575 583 43 CMT Funniest Home Videos	Reba	Reba	American Loggers (N)	Daily Planet					
	601 562 45 SLC Rich Bride, Poor Bride	Wedding SOS	Wedding SOS	Home Improve. Home Improve.	Wilson's					
	625 548 46 COM Air Force	22 Minutes	Corner Gas	Bulging Brides	ET Canada					
	294 529 47 TBS Family Guy	House-Payne	House-Payne	Bulging Brides	Daily Show					
	600 564 49 H&G House Hunters	Property Virgin	HGTV's Top 10	House Party	Comedy Inc.					
	627 528 50 SPK Stargate Atlantis	(DVS)	Star Trek: Voyager	The Fugitive *** (1993, Suspense)						
	581 566 53 MTP MTV Presents	Over the Bolts	Parent Control	House Hunters	Holmes-Homes					
	618 524 54 TRV '70s Show	'70s Show	The Outer Limits	Fringe (HDTV) (N)	InnerSpace (N)					
	522 506 55 HS Ancient Discoveries	Cities of the Underworld	Cities of the Underworld	MTV Live	MTV Live					
	129 773 60 CD Biographies "Jet Li" (HDTV)	Mayday (HDTV)	Images-chocs	'70s Show	'70s Show					
	261 394 61 V Murder, She Wrote	Bless-Father	Dinnerladies	Ultimate Engineering	Crime Stories					
	502 567 62 W Old Christine	Friends	Friends	Les Procureurs "Court-circuit"	Cités					
	269 350 70 APTN Fish Out of	Mixed Blessing	Cashing In	Quantum Leap	Enigma					
	621 527 71 TNL Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	Style by Jury	Style by Jury					
	603 561 95 FN Ricardo	Exotic	Restaurant Makeover	First National	Moose TV					
				The View (HDTV) (N)	The Dr. Oz Show (N)					
				Hell's Kitchen (N)	Good Eats					

critics'corner

Rick Mercer Report

When it gets cold, the hot topic will be the Winter Olympics. So expect Rick to offer his take on the happenings in Vancouver and maybe try out an event or two, as he did last season with a visit to wheelchair curlers and the Para-Alpine Ski Team. The new season will also include favorites from past ones. 8 PM on 8 CBC



The Biggest Loser

The contestants get an offer that is very hard to refuse, although it means losing trainers Bob Harper and Jillian Michaels for the week. Later, the players face their first temptation, which will leave the winner with control over the weigh-in. 8 PM on 15 CITY 9 NBC

The Good Wife

Alicia and Will take the case of a stripper who claims she was sexually assaulted while working the bachelor party of one of Chicago's most prominent businessmen. Christine Baranski, Archie Panjabi, Matt Czuchy and Chris Noth also star in the new episode "Stripped." 10 PM on 13 CBS 3 GTV



Shue, Robach engaged
Original Melrose Place hunk Andrew Shue, left, and Today's Amy Robach are engaged, People reports. Both Shue, 46, and Robach, 36, are recently divorced, according to the magazine. **TVGUIDE.COM**

Global wrangle over Polanski

Director determined to defend himself: Lawyer

Imprisoned director Roman Polanski is in a "fighting mood" and will battle U.S. attempts to have him extradited from Switzerland to California to face justice for having sex with a 13-year-old girl in 1977, his lawyer said yesterday.

An international tug-of-war over the 76-year-old director escalated yesterday as France and Poland urged Switzerland to free him on bail and pressed U.S. officials all the way up to Secretary of State Hillary Clinton on the case. Polanski was in his third day of detention after



Roman Polanski

Swiss police arrested him Saturday on an international warrant as he arrived in Zurich to receive a lifetime achievement award from a film festival.

Authorities in Los Angeles consider



A man holds a "Free Polanski" sticker as he waits at the film festival in Zurich Sunday. Famed director Roman Polanski was apprehended by Swiss authorities Saturday on an international warrant.

Polanski a "convicted felon and fugitive." The director had pleaded guilty to unlawful sexual intercourse in 1977 with a 13-year-old girl. He was

sent to prison for 42 days but then the judge tried to renege on the plea bargain. On the day of his sentencing in 1978, aware the judge would sentence him to more prison time, Polanski fled to France.

Polanski has told Swiss officials that he will contest a U.S. request that he be transferred to the United States, attorney Herve Temime said in an email. Temime said Polanski's

legal team would try to prove that the U.S. request was illegal and that the Oscar-winning director should be released from Swiss custody.

"Taking into account the extraordinary conditions of his arrest, his Swiss lawyer will seek his freedom without delay," Temime said.

"(Polanski was) thrown to the lions ... there is a scary America that has just shown its face."

French Culture Minister Frederic Mitterrand

The lawyer said he was able to speak with Polanski from his Zurich cell.

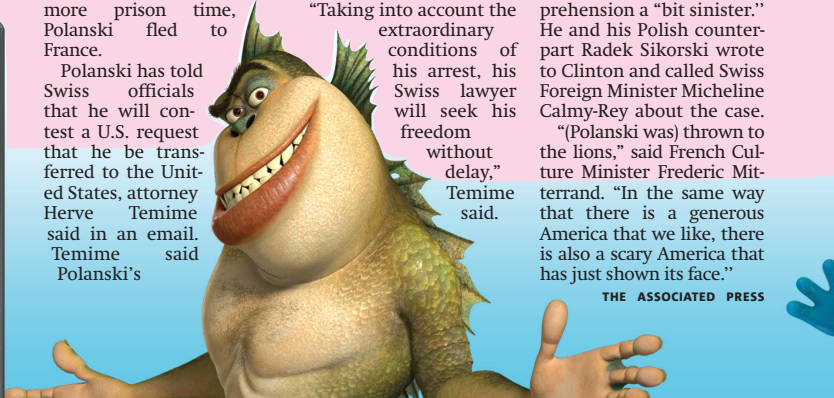
"He was shocked, dumbfounded, but he is in a fighting mood and he is very determined to defend himself," Temime said.

While France expressed hope that Polanski would be freed shortly, Swiss officials said there would be no rash decision.

In Paris, French Foreign Minister Bernard Kouchner said he hoped Polanski could be quickly freed by the Swiss, calling the apprehension a "bit sinister." He and his Polish counterpart Radek Sikorski wrote to Clinton and called Swiss Foreign Minister Micheline Calmy-Rey about the case.

"(Polanski was) thrown to the lions," said French Culture Minister Frederic Mitterrand. "In the same way that there is a generous America that we like, there is also a scary America that has just shown its face."

THE ASSOCIATED PRESS



Get Monsters vs. Aliens + B.O.B.'s Big Break Own it on DVD TM

Only B.O.B.'s Big Break can be viewed in 3D

Monsters vs. Aliens ©, B.O.B.'s Big Break TM & © 2009

Polish filmmakers rally around Polanski

Oscar-winning director Andrzej Wajda and other Polish filmmakers appealed Monday to U.S. and Swiss authorities to free Roman Polanski, decrying his arrest as a "provocation."

Their appeal came as the Polish and French governments wrote to U.S. Secretary of State Hillary Clinton and called on Swiss Foreign Minister Micheline Calmy-Rey about the case.

The Polish Filmmakers Association called on Switzerland to immediately release Polanski and urged U.S. officials to review their indictment.

In a letter on their website, the Polish filmmakers noted Polanski's "great contribution to the world

of cinematography" and criticized his arrest as he arrived to receive a lifetime achievement award from the Zurich Film Festival as a "provocation."

They said Polanski's action decades ago deserves a "negative moral evaluation" but said he fled America fearing that he would not have a fair trial.

Polanski, the director of Chinatown, Rosemary's Baby and The Pianist, reached a plea deal in 1978, but was threatened with more prison time than previously agreed upon and fled to France before he was formally sentenced.

Jacek Bromski, the head of the Polish Filmmakers Association, said in the



Andrzej Wajda

eyes of the public, Polanski has already "atoned for the sins of his young years."

"He has paid for it by not being able to enter the U.S. and in his professional life he has paid for it by not being able to make films in Hollywood," Bromski said.

Polanski spent his child-

hood and early adult years in Poland and survived the Holocaust there thanks to strangers who hid him in the countryside. He made his feature debut with the 1963 psychological thriller Knife in the Water, considered today a Polish classic film, before leaving for the West.

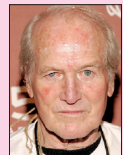
His international success has been a source of pride for many Poles. "He survived the Holocaust, was in hiding during World War II, he left Poland because he did not accept the communist system, he sought to turn his dreams into life," noted Agnieszka Odorowicz, the head of Poland's Film Institute.

THE ASSOCIATED PRESS

Dad enjoyed being Nixon's enemy: Newman's daughter

LEGEND Paul Newman liked to joke about his trademark blue eyes, musing that if they turned brown his career might be in jeopardy, and was delighted to learn he was on Richard Nixon's enemies list, the Academy Award-winning actor's daughter said Monday.

Nell Newman, whose father died a year ago at age 83, gave a rare glimpse into the actor's life in an interview with The Associated Press. She was meeting with reporters in Connecticut as part of an effort by her company, Newman's Own Organics, to highlight its partnership with McDonald's Corp. The fast food chain sells



Newman

Newman's Own coffee at some of its restaurants in the Northeast.

She said her father considered himself

lucky and wanted to give back, leading to his passion for philanthropy.

"He always used to joke if his eyes turned brown, what would happen to his career," she said. "He always felt he was just really lucky."

Newman believed in supporting small organizations that did not have wealthy connections, his daughter said.

THE ASSOCIATED PRESS

Kasabian gets a Gallagher

Noel Gallagher is joining Kasabian. The rock legend — who quit Oasis last month after a furious row with brother, and the group's frontman, Liam — will appear with the band on its forthcoming U.K. tour. FEMALEFIRST.CO.UK

70 years on, back to Oz in Blu Ray

Original Munchkins celebrate release

RICHARD CROUSE
for Metro Canada



"We always say the age range for The Wizard of Oz is from fetal to fatal," jokes Oz expert John Fricke. It's a funny line, but there is a ring of truth to it.

The movie, whose birth-day is being commemorated by the lovingly restored Wizard of Oz: 70th Anniversary Ultimate Collector's Edition Blu Ray, is beloved by old and young. For the surviving cast members the appeal is easy to define.

"Everybody can enjoy it," says Karl Slover, age 91, who was just two feet tall when he played the first trum-



Singer Ashanti rides in a hot air balloon at the Wizard of Oz 70th Anniversary Emerald Gala at Tavern in New York.

pet. "There's no filthy language in it. I don't see no bikinis! No nudist colonies! Kids can watch it and parents don't have to worry because there's nothing bad in there."

Slover is one of just six actors left of the 124 "little people" assembled to play the Munchkins in the film. He

had some previous film experience but not all the actors were Hollywood regulars.

"I was in the movie because I was the right size and that's all they wanted," says Villager Munchkin Ruth Duccini, age 91, who adds that she can't sing or dance very well.

"I grew up in a small town in Minnesota and I didn't know there were other little people." But once she got on set she found she wasn't alone. "I remember all the little people and that was so great; 123 people that you could stand and talk to without talking to a belly-button." Ruth adds that



Original Munchkins Jerry Maren, Margaret Pellegrini and Karl Slover attend the Wizard of Oz 70th Anniversary Emerald Gala in New York last week.

star Judy Garland was just as excited about having all little people in one place as she was and Munchkin Flowerpot Hat dancer Margaret Pellegrini (age 86) says Garland treated all the

Munchkins to candy and a keepsake at Christmas.

"On Christmas Eve morning when she came to work she opened the door to her (dressing room) and there she had a

whole stack of black and white pictures and she invited each and every one of us in and gave each a picture. Mine says 'To Margaret from your pal Judy.' I still have it."

Garland's daughter Lorna Luft says her mom loved working on The Wizard of Oz. "This movie was special for her. She told me the hardest thing about the film was being afraid of (Wicked Witch) Margaret Hamilton because she was very sweet. She also told me that unfortunately the dog had the worst breath."



DREAMWORKS
ANIMATION SKG
HOME ENTERTAINMENT

O.B.'s All-New 3D Adventure Tuesday, Sept. 29

© DreamWorks Animation LLC. All Rights Reserved.

Lucy, who inspired Beatles song, dies

Lucy Vodden, who provided the inspiration for the Beatles' classic song Lucy in the Sky with Diamonds, has died after a long battle with lupus. She was 46.

Her death was announced yesterday by St. Thomas' Hospital in London, where she had been treated for the chronic disease for more than five years, and by her husband, Ross Vodden.

Britain's Press Association said she died last Tuesday. Hospital officials said they could not confirm the day of her death.

Vodden's connection to the Beatles dates back to her early days, when she made friends with school-mate Julian Lennon, John

Lennon's son.

Julian Lennon, then four years old, came home from school with a drawing one day, showed it to his father, and said it was "Lucy in the sky with diamonds."

At the time, John Lennon was gathering material for his contributions to the 1967 album Sgt. Pepper's Lonely Hearts Club Band.

The elder Lennon seized on the image and developed it into what is widely regarded as a psychedelic masterpiece, replete with haunting images of "newspaper taxis" and a "girl with kaleidoscope eyes."

Rock music critics thought the song's title was a veiled reference to

"I don't relate to the song, to that type of song."

Lucy Vodden

LSD, but John Lennon always claimed the phrase came from his son, not from a desire to spell out the initials LSD in code.

Vodden lost touch with Julian Lennon after he left the school following his parents' divorce, but they were reunited in recent years when Julian Lennon, who lives in France, tried to help her cope with the disease.

He sent her flowers and vouchers for use at a gardening centre near her

home in Surrey in south-east England, and frequently sent her text messages in an effort to buttress her spirits.

"I wasn't sure at first how to approach her," Julian Lennon told the Associated Press in June. "I wanted at least to get a note to her. Then I heard she had a great love of gardening, and I thought I'd help with something she's passionate about, and I love gardening too. I wanted to do something to put a smile on her face."

In recent months, Voden was too ill to go out most of the time, except for hospital visits.

She enjoyed her link to the Beatles but was not particularly fond of Lucy in



John Lennon's son Julian's childhood friend Lucy Vodden inspired the Beatles song Lucy in the Sky with Diamonds, which was included in the album Sgt. Pepper's Lonely Hearts Club Band.

the Sky with Diamonds.

"I don't relate to the song, to that type of song," she told the Associated Press in June. "As a teenager, I made the mistake of telling a couple of friends at school that I was the

Lucy in the song and they said, 'No, it's not you, my parents said it's about drugs.' And I didn't know what LSD was at the time, so I just kept it quiet, to myself."

THE ASSOCIATED PRESS



Claire Danes and British actor Hugh Dancy got married in a low-key wedding in France. The pair tied the knot earlier this month at a small ceremony attended by family and close friends, an insider says. LIFEANDSTYLEMAG.COM

Danes secretly ties the knot

Celebrity Buzz

Celebrity tweets

Eddie Izzard approves of your work, Mother Nature, **Katy Perry** spends the evening in, and **Paula Abdul** feels the burn.

• @eddieizzard Great sunset today. Well done September.

• @katyperry Had 2 give up my Brit Spears tix 4 tonight, heart breaking! Have to focus on something more important... secret (sittin@ home watchin spun!)

• @PaulaAbdul I am so sore today! I know its weird but it makes me feel good to be sore after a hard work out. It means I did a good job. Results now plz!



Swayze knew he was 'dead man'

BOOK CONFESSIONS "When my doctors at Cedars-Sinai in Los Angeles said the words 'pancreatic cancer,' a single thought popped into my head: I'm a dead man," says the late actor Patrick Swayze, who two weeks ago died of the disease at age 57.

His inner thoughts on his acting career, his illness and his legacy are being aired in his audiobook *Time of My Life*, which Simon & Schuster released yesterday.

In the tapes, which Swayze narrated himself (along with Lisa Niemi), the actor recalls how he sank into a miasma of "anger, bitterness and despair" soon after finding out that he wasn't likely to live past a few months. News of his cancer diagnosis was first announced in



spring 2008. He wrote his memoirs in June 2009 at his home in New Mexico.

After struggling with a period where he racked his brain trying to figure out what he'd done wrong in his life to deserve cancer, Swayze came out fighting, he says.

"I was not ready to go, and I'd be damned if this disease was going to take me before I

was good and ready," he says. "So I said to my doctor, 'Show me where the enemy is and I'll fight him.'"

The actor also looks back on his life, including one of the highlights of his career—the pottery-making moment with Demi Moore in 1990's *Ghost*. "We really made up the scene as we went along," he says. "It was pretty sexy playing in all that clay, so all we had to do was go with it ..."

METRO NEWS SERVICES

No baby talk for Jude

HIS LIPS ARE SEALED Jude Law made a stop at Live with Regis and Kelly recently to promote his Broadway run in *Hamlet*, but one topic of conversation quite conspicuously didn't come up. During the chat, no

one mentioned the baby Law recently had with Samantha Burke.

METRO NEWS SERVICES



Lautner dislikes body talk

MUSCLE BOUND Fans have been howling over Taylor Lautner, who has packed on 30 pounds of muscle to play werewolf Jacob in the *Twilight* sequel *New Moon*, *us-magazine.com* reports.

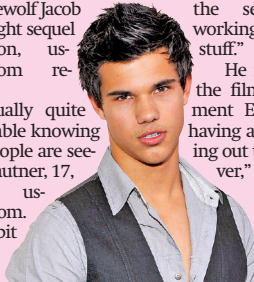
"It's actually quite uncomfortable knowing so many people are seeing that!" Lautner, 17, told *us-magazine.com*. "It's a little bit

embarrassing!"

Beefing up took "a lot of hard work," said Lautner, who also goes shirtless in the sequel. "Eating, working out — a lot of stuff."

He is now shooting the film's third installment *Eclipse*. "We are having a lot of fun hanging out up in Vancouver," he said.

METRO NEWS SERVICES



Roberts' hours irritate locals

COMPLAINTS, COMPLAINTS Julia Roberts' shooting schedule for *Eat, Pray, Love* isn't making her any friends among the faithful in India.

According to the *Times of India*, locals are furious that the production has taken over a

temple and restricted access.

"They are allowing entry in the temple only between 6 a.m. and 8 a.m. in the morning and 6 p.m. and 9 p.m. in the evening," one source tells the newspaper. "It is really bad that even devotees are being barred from entering the Ashram."

METRO NEWS SERVICES



Courtney hot for Venezuelan prez?

THOSE LATIN MEN It's being reported that Courtney Love was swept off her feet recently by Hugo Chavez after meeting the Venezuelan president at a screening of Oliver Stone's new documentary, *South of the Border*. "It was the third wink that sold me," Love tells *Gatecrasher*.

METRO NEWS SERVICES



IF YOU LIKE GETTING
BAD NEWS FIRST,
WE'VE GOT GOOD NEWS
FOR YOU.

INSTANT NEWS UPDATES ON YOUR PHONE.
FROM AROUND THE GLOBE TO AROUND THE CORNER, GET UP-TO-THE-MINUTE COVERAGE WITH METRO MOBILE.

m.metronews.ca

www.trilliumcollege.ca

YOU HAVE IT IN YOU!

Train now for a career in:
**Health Care, Business
Social Work**

Classes Starting Soon

Trillium College

1-866-401-3761

Metro Global Photo Challenge

PHOTO OF THE DAY

LET THE WORLD SEE THROUGH YOUR EYES

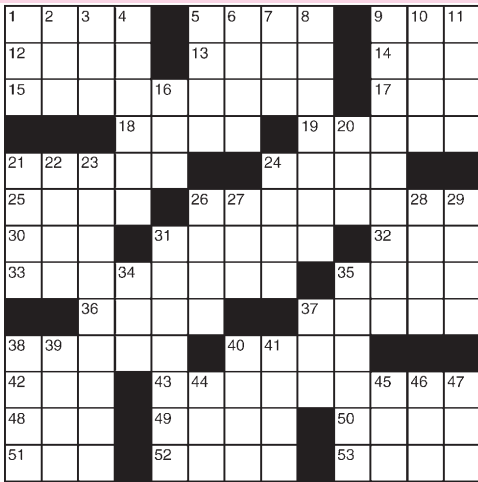
whistlersled Canada
'Vancouver from the air'

metrophotchallenge.ca

metro



For more delicious Metro recipes, visit: metronews.ca/food



ACROSS

- 1 Burden
- 5 Tulip, at first
- 9 Wildebeest
- 12 Crumbly cheese
- 13 Screenwriter James
- 14 Erstwhile acorn
- 15 Is unhappy
- 17 Prior night
- 18 Salver
- 19 Firetruck gear
- 21 Memory units
- 24 Bob's "Road" co-star
- 25 Stentorian
- 26 Book before Ecclesiastes
- 30 Blunder
- 31 Ralph of "The Waltons"
- 32 Mound stat
- 33 They drill and fill
- 35 Squad
- 36 Deadly septet
- 37 Treasury
- 38 Carried on
- 40 Ski lift type
- 42 "Ben—"

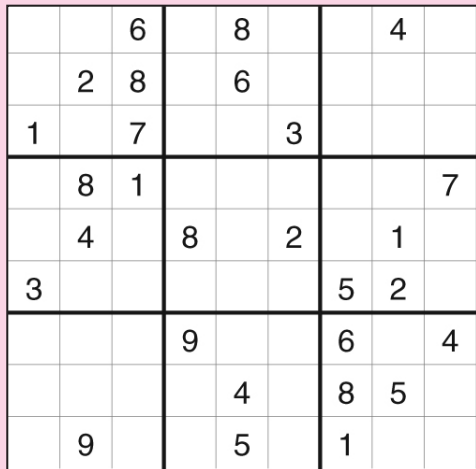
DOWN

- 1 Vacationing
- 2 Born
- 3 Salt Lake athlete
- 4 Tended an icy walkway
- 5 Ali —
- 6 Unsightly
- 7 Romanian money
- 8 Marge
- 9 Simpson's 'do
- 9 Becomes eco-friendly
- 10 Church area
- 11 Guitars' kin
- 16 Former jrs.
- 20 Indivisible
- 21 Evidenced a cut
- 22 Days gone by
- 23 Ages, maybe
- 24 Automaton, for short
- 26 Bridge option
- 27 Fabric-dye brand
- 28 Pitt or Paisley
- 29 — Club (discount store)
- 31 With 34-Down, broad neckwear
- 34 See 31-Down
- 35 Bombastic
- 37 Enthusiast
- 38 "Pow!"
- 39 Emanation
- 40 Ship-building wood
- 41 Ill will
- 44 Actress
- 45 Mendes
- 45 Shad product
- 46 Greek vowel
- 47 Pop

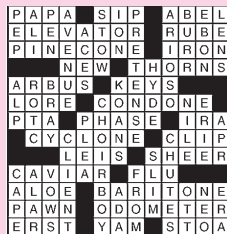
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

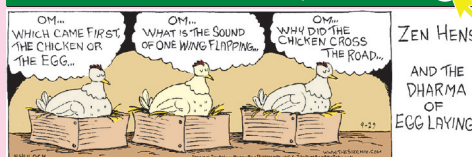


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Bruschetta Chicken

INGREDIENTS:

- 1/2 cup (125 ml) all-purpose flour
- 2 eggs, lightly beaten
- 4 boneless skinless chicken breast halves
- 1/4 cup (50 ml) grated Parmesan cheese
- 1/4 cup (50 ml) dry bread crumbs
- 1 tbsp (15 ml) butter, melted
- 2 large tomatoes, seeded and chopped
- 3 tbsp (45 ml) minced fresh basil
- 2 garlic cloves, minced
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) pepper

METHOD:

- 1. Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs. Place in greased

- 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish. Combine Parmesan cheese, bread crumbs and butter; sprinkle over chicken.
- 2. Loosely cover baking dish with foil. Bake at 375 F (190 C) for 20 minutes. Uncover; bake 5-10 minutes longer or until top is browned.
- 3. Meanwhile, in bowl, combine remaining ingredients. Spoon over chicken. Return to oven for 3-5 minutes or until tomato mixture is heated through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Any insights you may have into how to improve the physical side of your life should be noted down for future reference.

TAURUS
APRIL 21-MAY 21
Do something creative today, something that shows off your talent for making things happen.

LIBRA
SEPT 23-OCT 23
You've been living in the past in recent weeks but your forward-thinking attitude over the next few days will more than make up for it.

SCORPIO
OCT 24-NOV 22
The Sun's transit of the most sensitive area of your chart encourages you to believe that everyone is against you.

GEMINI
MAY 22-JUNE 21
Something you have not been able to get your head around these past few weeks will make perfect sense as from today.

SAGITTARIUS
NOV 23-DEC 21
Like everyone else, you were born with a talent of some kind and your task today, and for the rest of the week, is to take that talent and do something with it.

CANCER
JUNE 22-JULY 22
Even if you are the kind of Cancer who keeps your thoughts to yourself, you will have plenty to say for yourself over the next 24 hours.

CAPRICORN
DEC 22-JAN 20
Your mind is about to switch itself on again. Not that it's been switched off completely but it does seem to have been operating at reduced capacity.

LEO
JULY 23-AUG 23
News you have been waiting for these past few weeks will finally arrive today and put an end to your torment.

AQUARIUS
JAN 21-FEB 18
What takes place over the next few hours will present you with a solution to a problem you thought was insoluble.

VIRGO
AUG 24-SEPT 22
Mercury, your ruler, is turning direct in your birth sign after a lengthy period of retrograde motion your thoughts will be clear again.

PISCES
FEB 19-MARCH 20
According to the planets, you have been talking at cross purposes with a friend and that is why there has been a certain amount of tension in your life.

FLIGHT CENTRE *Unbeatable*

Varadero
7 Nights 4-Star All-inclusive
\$345*
Mecure Playa de Oro + taxes & fees \$240
Departs Oct 3/swg/wg.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: *Montreal. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. swg/wg=swimming. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations: ONT. REG #4671384

This day in history

SEPT. 29, 1941: World War II: Holocaust in Kiev, Ukraine: German Einsatzgruppe C starts Babi Yar massacre. According to one report, at least 33,771 Jews from Kiev and its suburbs are killed at Babi Yar on Sept. 29–30, 1941.

SEPT. 29, 1943: World War II: U.S. General Dwight D. Eisenhower and Italian Marshal Pietro Badoglio sign an armistice aboard the Royal Navy battleship HMS Nelson off Malta.

SEPT. 29, 1949: The Communist Party of China writes the Common Programme for the future People's Republic of China.

SEPT. 29, 2008: Following the bankruptcies of Lehman Brothers and Washington Mutual, The Dow Jones Industrial Average falls 777.68 points, the largest single-day point loss in its history.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch **metrotube** of the day



AIR CANADA VACATIONS

GREAT deals starting at

\$549

Punta Cana via Toronto

Occidental Grand

Punta Cana • 4 ★

All-Inclusive • Junior suite

Oct. 3, 4, 18 & 25 • 1 wk.

\$549

UPGRADE to the Royal Club luxury room for only \$229 per person

Taxes & other fees (including service charges): \$322

Cancun/Riviera Maya

via Toronto

Gran Bahia Principe Tulum • 5 ★

All-Inclusive

Standard rm.

Dec. 31 • 1 wk.

\$1479

Taxes & other fees (including service charges): \$261

Santa Clara

Sol Cayo Santa Maria • 3 1/2 ★

All-Inclusive • Standard rm.

Dec. 20 • 1 wk.

\$1239

Taxes & other fees (including service charges): \$212
Departure tax: 25 CUC cash, paid locally

Honolulu via Vancouver

Aston Waikiki Circle • 3 ★

Hotel rm. city view

Nov. 2, 4, 9 & 15 • 1 wk.

\$849

Taxes & other fees (including service charges): \$140

Gran Bahia

Principe Coba • 5 ★

All-Inclusive • Junior suite

Dec. 31 • 1 wk.

\$1529

Taxes & other fees (including service charges): \$261

Jamaica

Gran Bahia Principe

Jamaica • 4 1/2 ★

All-Inclusive • Junior suite

Dec. 19 • 1 wk.

\$1499

Taxes & other fees (including service charges): \$256

Puerto Vallarta via Toronto

Buenaventura

Grand Hotel & Spa • 4 ★

All-Inclusive

Deluxe rm.

Dec. 5 & 12 • 1 wk.

\$1049

Children under 12 stay and eat FREE

Taxes & other fees (including service charges): \$275

Santa Clara

Occidental Royal Hideaway

Ensenachos • 5 ★

All-Inclusive

Royal Hideaway spa

Jan. 3 - 24 • 1 wk.

\$1239

Taxes & other fees (including service charges): \$212
Departure tax: 25 CUC cash, paid locally

Turks & Caicos

Comfort Suites • 2 1/2 ★

Continental breakfast

Junior suite - Run of the house

Dec. 21 • 1 wk.

\$1479

Taxes & other fees (including service charges): \$223

DEAL to EUROPE

London

Hotel Ibis London

Earls Court • 3 ★

Breakfast

Standard rm. special

Nov. 12, 17 & 20 • 4 nts.

\$597

Taxes & other fees (including service charges): \$398

DEAL on CRUISES

Royal Caribbean International¹

EARN 2,500 BONUS AEROPLAN MILES PER MEMBER²

Adventure of the Seas[®]

Southern Caribbean Cruise

Flights to San Juan via Montreal

Interior stateroom, cat. N

Dec. 20 • 1 wk.

\$1699

Taxes & other fees (including service charges): \$254

BARBADOS VIA TORONTO

EARN 5,000 BONUS AEROPLAN MILES PER MEMBER³

Hilton Barbados 4 1/2 ★

Oceanview rm.

Nov. 11 - 25 • 1 wk.

\$1099

Taxes & other fees (including service charges): \$87
Price based on Tues. - Thurs. departures

Almond Casuarina

Beach Resort 4 ★

All-Inclusive

Standard rm.

Nov. 10 - 25 • 1 wk.

\$1799

Taxes & other fees (including service charges): \$87
Price based on Tues. - Thurs. departures




PRIVILEGES
FREE advance seat selection and exclusive features


aeroplan

Earn up to 6,600
Aeroplan[®] Miles per member⁴


BARBADOS

Fly in style - Upgrade to Executive Class[®] service⁴

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are in Canadian dollars and are valid for bookings made between Sept. 29 & Oct. 30/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #5001337. Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ¹ Royal Caribbean International Ltd. ships' registry: The Bahamas. ² Earn 2,500 bonus Aeroplan Miles if booking is made by Oct. 31/09 for departures between Sept. 1 & Dec. 31/09. ³ Earn 5,000 bonus Aeroplan Miles if booking is made by Oct. 15/09 for departures between Oct. 1 & Dec. 15/09. ⁴ Available on select flights. Full details available at aircanadavacations.com/executiveclass. ⁵ Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁶ Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

